



Farrell Area Schools Head Start Breakfast Menu December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	2 WG BLUEBERRY MUFFIN TOP 6/g sugar per ounce 4oz Orange Juice 1% White Milk
All Milk is 1% Low Fat	5 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	6 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	7 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	8 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	9 WG BLUEBERRY MUFFIN TOP 6/g sugar per ounce 4oz Orange Juice 1% White Milk
	12 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	13 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	14 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	15 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	16 WG BLUEBERRY MUFFIN TOP 6/g sugar per ounce 4oz Orange Juice 1% White Milk
All bread is whole grain	19 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	20 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	21 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	22 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	23 NO SCHOOL Winter Break
Menu subject to change	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

Farrell Area Schools Head Start Lunch Menu December 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
				1 MACARONI with MEATBALLS Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	2 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
	5 TOASTED CHEESE SANDWICH Tomato Soup 1/2 cup fresh or cupped fruit Low fat milk	6 CHEESEBURGERS Corn 1/2 cup fresh or cupped fruit Low fat milk	7 PULLED PORK SANDWICH on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	8 PENNE with MEATSAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	9 CHEESE PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk
Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	12 CORN DOGS French Fries 1/2 cup fresh or cupped fruit Low fat milk	13 CHICKEN NACHOS on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	14 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	15 MACARONI with MEATSAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	16 FRENCH BREAD PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk
All bread is whole grain	19 HOT HAM AND CHEESE SANDWICH Tater Tots 1/2 cup fresh or cupped fruit Low fat milk	20 WALKING TACOS with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	21 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	22 ROTINI with MEATBALLS Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	23 NO SCHOOL Winter Break
Menu subject to change	26 NO SCHOOL Winter Break	27 NO SCHOOL Winter Break	28 NO SCHOOL Winter Break	29 NO SCHOOL Winter Break	30 NO SCHOOL Winter Break

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