


# Farrell Area Schools Head Start Breakfast Menu

## March 2024

	Monday		Wednesday	Thursday	Friday
					<b>1</b> <b>WG BLUEBERRY MUFFIN TOP</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk
	<b>4</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>5</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>6</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>7</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>8</b> <b>WG CHOCOLATE CHIP MUFFIN TOP</b> 4oz Apple Juice 1% White Milk
	<b>11</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>12</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>13</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>14</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>15</b> <b>WG BLUEBERRY MUFFIN TOP</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk
All bread is whole grain	<b>18</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>19</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>20</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>21</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>22</b> <b>WG CHOCOLATE CHIP MUFFIN TOP</b> 4oz Apple Juice 1% White Milk
Menu subject to change	<b>25</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>26</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Apple Juice 1% White Milk	<b>27</b> <b>NO SCHOOL</b> Spring Break	<b>28</b> <b>NO SCHOOL</b> Spring Break	<b>29</b> <b>NO SCHOOL</b> Spring 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

## March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>1</b> <b>FRENCH BREAD PIZZA</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
	<b>4</b> <b>CHEESEBURGERS</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>5</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>6</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>7</b> <b>ROTINI with MEAT SAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>8</b> <b>CHEESE PIZZA</b> 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	<b>11</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup 1/2 cup fresh or cupped fruit Low fat milk	<b>12</b> <b>CHICKEN NUGGETS</b> Dinner Roll French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>13</b> <b>TURKEY and CHEESE SUB</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>14</b> <b>ROTINI with MEAT SAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>15</b> <b>CHEESE PIZZA</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
All bread is whole grain	<b>18</b> <b>CORN DOGS</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>19</b> <b>NACHOS WITH MEAT &amp; CHEESE</b> on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>20</b> <b>CHICKEN TENDERS</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	<b>21</b> <b>ZITI with MEATBALLS</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>22</b> <b>CHEESE PIZZA</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
Menu subject to change	<b>25</b> <b>BBQ RIB SANDWICH</b> on Whole Grain Bun Tater Tots 1/2 cup fresh or cupped fruit Low fat milk	<b>26</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>27</b> <b>NO SCHOOL</b> Spring Break	<b>28</b> <b>NO SCHOOL</b> Spring Break	<b>29</b> <b>NO SCHOOL</b> Spring Break

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