



Farrell Area Schools Head Start Breakfast Menu May 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	2 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	3 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	4 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	5 WG BLUEBERRY MUFFIN TOP 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 ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	10 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	11 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	12 WG BLUEBERRY MUFFIN TOP 6/g sugar per ounce 4oz Orange Juice 1% White Milk
CEREAL VARIETIES INCLUDE: CHEERIOS MULTI GRAIN CHEERIOS RICE CHEX CINNAMON RICE CHEX FROSTED WHEAT MINI BITES CINNAMON TOAST CRUNCH ALL <6G/OZ	15 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	16 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	17 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	18 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	19 WG BLUEBERRY MUFFIN TOP 6/g sugar per ounce 4oz Orange Juice 1% White Milk
All bread is whole grain	22 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	23 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	24 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	25 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	26 WG BLUEBERRY MUFFIN TOP 6/g sugar per ounce 4oz Orange Juice 1% White Milk
Menu subject to change	29 NO SCHOOL Memorial Day 	SUMMER LUNCH PROGRAM STARTS JUNE 6TH 11:30 TO 12:00			

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 May 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 CORN DOGS French Fries 1/2 cup fresh or cupped fruit Low fat milk	2 NACHOS GRANDE on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	3 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	4 PENNE PASTA with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	5 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
	1/2 cup fresh or cupped fruit Low fat milk	8 BBQ RIB SANDWICH on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	9 WALKING TACOS with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	10 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli 1/2 cup fresh or cupped fruit Low fat milk	11 MACARONI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	15 SLOPPY JOES on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	16 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli 1/2 cup fresh or cupped fruit Low fat milk	17 CHICKEN SANDWICH on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	18 ROTINI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	19 PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk
	All bread is whole grain	22 MEATBALL HOAGIE on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	23 NACHOS GRANDE on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	24 CHICKEN SANDWICH on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	25 BREAKFAST FOR LUNCH French Toast Sausage Hash Brown Assorted Fresh Fruit Choice of Low Fat Milk
Menu subject to change	29 NO SCHOOL Memorial Day 	SUMMER LUNCH PROGRAM STARTS JUNE 5TH 11:30 TO 12:30	We are hiring for cafeteria positions 724.854.8015 if interested		

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