

Mercer County Head Start
November 2019
Full Day

Week of: Nov 11-15 (1)	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Cream of Rice Melon Mix 1% Milk	Kix Cereal Apple juice 1% Milk	Egg Patty WG Toast 1% Milk	WG English muffin Apple Butter Apple slices 1% Milk	Rice Krispies Pears 1% Milk
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Creamed Chicken WG Bun Mixed Fruit Broccoli 1% Milk	Turkey-Sausage Links WG Mac-N-Cheese Mangos Mixed Vegetables 1% Milk	Chili Soup w/ Beans WG Crackers Cheese Mixed Fruit Carrots 1% Milk	Beef WG Noodles Green Beans Pineapple 1% Milk	Pepperoni Pizza WG Crust Peaches Peas 1% Milk
Snack: 2 of the any component	Graham Crackers Apple Juice	Trail Mix String Cheese Grape Juice	Cheerios Pineapple water	Pretzels Hummus 1% Milk	Fruit cup 1% Milk
Week of: Nov 18-22 (2)	Monday	Tuesday	Wednesday	Thursday	Friday NO SCHOOL
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Breakfast pizza Pears 1% Milk	Kix Apple Juice 1% Milk	Cheerios Pineapple 1% Milk	Turkey Links Melon Mix 1% Milk	
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Fish Nuggets WG Breeding Green Beans ½ Banana 1% Milk	Cheese Pizza WG Crust Mixed Vegetables Mangos 1% Milk	Chicken Nuggets Black Beans Brown Rice Apricots Stir Fry Vegetables 1% Milk	Hamburger WG Bun Applesauce Sweet Potato Fries 1% Milk	
Snack: 2 of the any component	Corn Flakes 1% Milk	Pretzels Hummus Apple Juice	Fruit Cup 1% Milk	½ banana 1% Milk	

- Menu is subject to change
- Medically indicated substitutions will be made upon completion of Medical Plan on Action
- All milk is 1% unflavored milk
- Water is available at all meals and throughout the day
- Peanut and Tree nut free kitchen/facility
- This institution is an equal opportunity employer
- USDA Prohibits Discrimination

Mercer County Head Start
November 2019
Part Day

Week of: Nov 11-15 (1)	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Cream of Rice Melon Mix 1% Milk	Kix Cereal Apple juice 1% Milk	Egg Patty WG Toast 1% Milk	WG English muffin Apple Butter Apple slices 1% Milk	
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Creamed Chicken WG Bun Mixed Fruit Broccoli 1% Milk	Turkey-Sausage Links WG Mac-N-Cheese Mangos Mixed Vegetables 1% Milk	Chili Soup w/ Beans WG Crackers Cheese Mixed Fruit Carrots 1% Milk	Beef WG Noodles Green Beans Pineapple 1% Milk	
Snack: 2 of the any component	Graham Crackers Apple Juice	Trail Mix String Cheese Grape Juice	Cheerios Pineapple water	Fresh Cucumber Slices 1% Milk	
Week of: Nov 18-22 (2)	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Breakfast pizza Pears 1% Milk	Kix Apple Juice 1% Milk	Cheerios Pineapple 1% Milk	Turkey Links Melon Mix 1% Milk	
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Fish Nuggets WG Breeding Green Beans ½ Banana 1% Milk	Cheese Pizza WG Crust Mixed Vegetables Mangos 1% Milk	Chicken Nuggets Black Beans Brown Rice Apricots Stir Fry Vegetables 1% Milk	Hamburger WG Bun Applesauce Sweet Potato Fries 1% Milk	
Snack: 2 of the any component	Corn Flakes 1% Milk	Pretzels Hummus Apple Juice	Fruit Cup 1% Milk	½ banana 1% Milk	

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Mercer County Head Start
November 2019
Rockford

Week of: Nov 11-15 (2)	Monday	Tuesday	Wednesday	Thursday	Friday NO SCHOOL
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Rice Krispies Applesauce 1% Milk	WG Toast Egg Patty ½ Banana 1% Milk	Toasted WG English Muffin Melon Mix 1% Milk	Cheerios Apple slices 1% Milk	
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Turkey and Ham WG Tortilla Cheese ½ Banana Diced Carrots 1% Milk	Macaroni & Cheese Sausage Links Mango Cauliflower 1% Milk	Pepperoni Pizza WG crust Pineapple Broccoli 1% Milk	Ravioli WG Pasta String Cheese Apple Slices Sweet Potatoes 1% Milk	
Snack: 2 of the any component	Pretzels Hummus Apple juice	Cheerios 1% Milk	½ Banana 1% Milk	Graham Crackers Apple Juice	
Week of: Nov 18-22 (3)	Monday	Tuesday	Wednesday	Thursday	Friday NO SCHOOL
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Rice Krispies Applesauce 1% Milk	WG Toast Melon Mix 1% Milk	Egg Patty Mixed Fruit 1% Milk	Corn Flakes ½ Banana 1% Milk	
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Sloppy Joes WG Bun Pineapple Peas & Carrots 1% Milk	Fish Nuggets WG Breading Pears Green Beans 1% Milk	Grilled Cheese & Ham Sandwich WG Bread Apple slices Mixed Veggies 1% Milk	Chicken & WG Noodles Mango Mashed Potatoes 1% Milk	
Snack: 2 of the any component	Animal Crackers Apple juice	Graham Crackers 1% Milk	Kix Cereal 1% Milk	String Cheese Apple slices Water	

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 - CN Labels for all meals unless indicated