

Mercer County Head Start  
September 2020  
Anchors Away, Captain's Crew, Lakeside Learners, Starboard Sea Captains

| <b>Week of:<br/>Aug 31-Sept 4 (1)</b>  | <b>Monday<br/>NO SCHOOL</b> | <b>Tuesday<br/>1<sup>st</sup> Day</b>                           | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday<br/>NO SCHOOL</b> |
|--|-----------------------------|---|---|--|-----------------------------|
| <b>Breakfast:</b><br>Bread or cereal<br>½ slice or 1/3 c<br>Fruit or juice ½ c<br>Milk ¾ c                           |                             | Kix Cereal<br>Apple juice<br>1% Milk                            | Bagel w/Cream<br>Cheese<br>Melon Mix<br>1% Milk                                     | WG English muffin<br>Apple Butter<br>Apple slices<br>1% Milk                               |                             |
| <b>Lunch:</b><br>Bread/Grain<br>½ slice or ¼ cup<br>Fruit & Vegetable<br>¼ c each<br>Meat or Alt. 1.5 oz<br>Milk ¾ c |                             | Creamed Chicken<br>WG Bun<br>Mixed Fruit<br>Broccoli<br>1% Milk | Turkey-Sausage<br>Links<br>WG Mac-N-Cheese<br>Mangos<br>Mixed Vegetables<br>1% Milk | Pepperoni Pizza<br>WG Crust<br>Peaches<br>Carrots<br>1% Milk                               |                             |
| <b>Snack:</b><br>2 of the any<br>component   |                             | Graham Crackers<br>Apple Juice                                  | Trail Mix<br>String Cheese<br>Grape Juice   | Cheerios<br>Pineapple<br>water   |                             |
| <b>Week of:<br/>Sept 7-Sept 11 (2)</b>   | <b>Monday<br/>Labor Day</b> | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday<br/>NO SCHOOL</b> |
| <b>Breakfast:</b><br>Bread or cereal<br>½ slice or 1/3 c<br>Fruit or juice ½ c<br>Milk ¾ c                           |                             | Breakfast pizza<br>Pears<br>1% Milk                             | Kix<br>Apple Juice<br>1% Milk   | Cheerios<br>Pineapple<br>1% Milk   |                             |
| <b>Lunch:</b><br>Bread/Grain<br>½ slice or ¼ cup<br>Fruit & Vegetable<br>¼ c each<br>Meat or Alt. 1.5 oz<br>Milk ¾ c |                             | Beef<br>WG Noodles<br>Pineapple<br>Green Beans<br>1% Milk       | Chili Soup w/ Beans<br>WG Crackers<br>Cheese<br>Mixed Fruit<br>Carrots<br>1% Milk   | Chicken Nuggets<br>Black Beans<br>Brown Rice<br>Apricots<br>Stir Fry Vegetables<br>1% Milk |                             |
| <b>Snack:</b><br>2 of the any<br>component   |                             | Corn Flakes<br>1% Milk  | Pretzels<br>Hummus<br>Apple Juice   | Rice Krispies<br>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
  - CN Labels available unless noted

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September 2020  
Education Complex

| <b>Week of:<br/>Sept 14-18 (3)</b>   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday<br/>NO SCHOOL</b> |
|--|---|---|---|--|-----------------------------|
| <b>Breakfast:</b><br>Bread or cereal<br>½ slice or 1/3 c<br>Fruit or juice ½ c<br>Milk ¾ c                           | Blueberry Muffin<br>Bar<br>Applesauce<br>1% Milk                                    | Cornflakes<br>Apple Juice<br>1% Milk  | WG Waffles<br>Mixed Berries<br>1% Milk                                  | Oatmeal<br>Bananas<br>Raisins<br>1% Milk   |                             |
| <b>Lunch:</b><br>Bread/Grain<br>½ slice or ¼ cup<br>Fruit & Vegetable<br>¼ c each<br>Meat or Alt. 1.5 oz<br>Milk ¾ c | Grilled<br>Cheese/Ham<br>WG Bread<br>Orange Sections<br>Mixed Vegetables<br>1% Milk | Cheese Pizza<br>WG Crust<br>Mixed Fruit<br>Carrot Sticks<br>1% Milk                           | Fish Nuggets<br>WG Breading<br>Apricots<br>Green Beans<br>1% Milk       | Chicken & WG<br>Noodles<br>Mango<br>Mashed Potatoes<br>1% Milk                                   |                             |
| <b>Snack:</b><br>2 of the any<br>component   | Pretzels<br>Apple juice   | Yogurt<br>Graham Crackers   | Kix<br>1% Milk  | ½ Banana<br>Cheerios   |                             |
| <b>Week of:<br/>Sept 21-25 (4)</b>   | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday<br/>NO SCHOOL</b> |
| <b>Breakfast:</b><br>Bread or cereal<br>½ slice or 1/3 c<br>Fruit or juice ½ c<br>Milk ¾ c                           | WG Toast<br>Melon Mix<br>1% Milk  | Kix<br>Mixed Fruit<br>1% Milk   | English Muffin<br>Apple slices<br>1% Milk                               | Pancake<br>Mixed Berries<br>1% Milk  |                             |
| <b>Lunch:</b><br>Bread/Grain<br>½ slice or ¼ cup<br>Fruit & Vegetable<br>¼ c each<br>Meat or Alt. 1.5 oz<br>Milk ¾ c | Chicken Quesadilla<br>w/ cheese<br>Applesauce<br>Carrot sticks<br>1% Milk           | Taco Meat, Cheese,<br>lettuce<br>WG taco shell<br>Mandarin Oranges<br>Peas/Carrots<br>1% Milk | Spaghetti<br>Meatless Sauce<br>Cheese<br>Peaches<br>Broccoli<br>1% Milk | Broccoli/Cheese<br>Soup<br>Turkey Links<br>WG Crackers<br>Mixed Fruit<br>Tossed Salad<br>1% Milk |                             |
| <b>Snack:</b><br>2 of the any<br>component   | Fruit Cup<br>1% Milk  | Yogurt and Fruit<br>Animal Crackers<br>Water  | Kix<br>1% Milk  | Trail Mix<br>Orange sections<br>Water  |                             |

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