

Mercer County Head Start  
November 2020

<b>Week of: Nov 9-Nov 13 (1)</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday NO SCHOOL</b>
<b>Breakfast:</b> Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Bagel w/Cream Cheese Melon Mix 1% Milk	Kix Cereal Apple Juice 1% Milk	Cream of Wheat Pears 1% Milk	WG English Muffin Apple Butter Apple Slices 1% Milk	
<b>Lunch:</b> Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Beef WG Noodles Green Beans Pineapple 1% Milk	Creamed Chicken WG Bun Mixed Fruit Broccoli 1% Milk	Turkey-Sausage Links WG Mac-N- Cheese Mangos Mixed Vegetables 1% Milk	Pepperoni Pizza WG Crust Peaches Carrots 1% Milk	
<b>Snack:</b> 2 of the any component	Fresh Cucumber Slices 1% Milk	Graham Crackers Apple Juice	Trail Mix String Cheese Grape Juice	Kix Cereal 1% Milk	
<b>Week of: Nov 16-Nov 20 (2)</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday NO SCHOOL</b>
<b>Breakfast:</b> Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	Kix Cereal Apple Juice 1% Milk	Applesauce w/Cinnamon French Toast 1% Milk	Oatmeal Banana Raisins 1% Milk	Breakfast Pizza Pears 1% Milk	
<b>Lunch:</b> Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Hamburgers Carrots Melon Mix 1% Milk	Egg Patty WG Toast Sweet Potato Cubes Orange Sections 1% Milk	Chili Soup w/Beans Cheese/WG Crackers Mixed Fruit Peas & Carrots 1% Milk	Chicken Nuggets WG Breading Green Beans Peaches 1% Milk	
<b>Snack:</b> 2 of the any component	Cornflakes 1% Milk	Graham Crackers Grape Juice	Pretzels Hummus Apple Juice	Rice Krispies 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