

Mercer County Head Start  
December 2020  
Full Day/Part Day

<b>Week of: Dec 7-Dec 11 (5)</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	Rice Krispies Applesauce 1% Milk	Corn Flakes Peaches 1% Milk	WG Bagel Cream Cheese Orange sections 1% Milk	WG English Muffin Yogurt Juice 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	Pizza Pineapple Peas and Carrots 1% Milk	Swedish Meatballs Brown Rice Mango Broccoli 1% Milk	Sloppy Joes Corn Bread Apricots Green Beans 1% Milk	Egg Patties WG Toast Orange sections Sweet Potato Cubes 1% Milk	
<b>Snack:</b> 2 of the any component	Graham Cracker 1% Milk	Cheerios Apple Juice	Orange Sections Cottage Cheese	Chex Cereal Orange Juice	
<b>Week of: Dec 14-Dec 18 (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	

- 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