

Mercer County Head Start
April/May 2021
Full Day

Week of: April 26-April 30 (4)	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	WG Toast Melon Mix 1% Milk	Kix Cereal Mixed Fruit 1% Milk	English Muffin Apple Slices 1% Milk	WG Pancake Mixed Berries 1% Milk	Rice Krispies Apples 1% Milk
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Chicken Wrap w/cheese Applesauce Carrot Stick 1% Milk	Taco Meat, Cheese, Lettuce WG taco shell Mandarin Oranges Peas 1% Milk	Spaghetti Meatball Sauce Cheese Peaches Broccoli 1% Milk	Broccoli & Cheese Soup Turkey Links WG Crackers Mixed Fruit Tossed Salad 1% Milk	Cheese Pizza WG crust Orange Sections Green Beans 1% Milk
Snack: 2 of the any component: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Fruit Cup 1% Milk	Yogurt & Fruit Water	Kix Cereal 1% Milk	Trail Mix Orange Sections Water	Gold Fish Grape Juice
Week of: May 3-May 7 (5)	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	Corn Flakes Peaches 1% Milk	WG Bagel Cream Cheese Tropical Fruit 1% Milk	WG English Muffin Yogurt Grape Juice 1% Milk	
Lunch: 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 Mandarin Oranges Sweet Potato Cubes 1% Milk	
Snack: 2 of the any component: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Graham Cracker 1% Milk	Cheerios Apple Juice	Orange Sections Cottage Cheese Water	Chex 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

Mercer County Head Start
April/May 2021
Part Day

Week of: April 26-April 30 (4)	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Bread or cereal ½ slice or 1/3 c Fruit or juice ½ c Milk ¾ c	WG Toast Melon Mix 1% Milk	Kix Cereal Mixed Fruit 1% Milk	English Muffin Apple Slices 1% Milk	WG Pancake Mixed Berries 1% Milk	Rice Krispies Apples 1% Milk
Lunch: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Chicken Wrap w/cheese Applesauce Carrot Stick 1% Milk	Taco Meat, Cheese, Lettuce WG taco shell Mandarin Oranges Peas 1% Milk	Spaghetti Meatball Sauce Cheese Peaches Broccoli 1% Milk	Grilled Ham and Cheese Sandwich WG Bread Mixed Fruit Tossed Salad 1% Milk	Cheese Pizza WG crust Orange Sections Green Beans 1% Milk
Snack: 2 of the any component: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Fruit Cup 1% Milk	Yogurt & Fruit Water	Kix Cereal 1% Milk	Trail Mix Orange Sections Water	Gold Fish Grape Juice
Week of: May 3-May 7 (5)	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: 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 Tropical Fruit 1% Milk	WG English Muffin Yogurt Grape Juice 1% Milk	Pancakes Blueberries 1% Milk
Lunch: 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 Mandarin Oranges Sweet Potato Cubes 1% Milk	Meatloaf Peas Mashed Potatoes 1% Milk
Snack: 2 of the any component: Bread/Grain ½ slice or ¼ cup Fruit & Vegetable ¼ c each Meat or Alt. 1.5 oz Milk ¾ c	Graham Cracker 1% Milk	Cheerios Apple Juice	Orange Sections Cottage Cheese Water	Chex Cereal 1% Milk	Pretzels 1% Milk

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