

Mercer County Head Start
May 2021
Full Day

Week of: May 10-May 14 (1)	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	Bagel w/Cream Cheese Melon Mix 1% Milk	Kix Cereal Apple Juice 1% Milk	Corn Flakes Pears 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	Beef and Noodles Green Beans Pineapple 1% Milk	Creamed Chicken WG Bun Mixed Fruit Broccoli 1% Milk	Beef Stew Corn Bread Mangos Mixed Vegetables 1% Milk	Cheese Pizza WG Crust Peaches Carrots 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	Pretzels 1% Milk	Graham Crackers Apple Juice	Blueberry bars Grape Juice	Gold Fish 1% Milk	
Week of: May 17-May 21 (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	Kix Cereal Apple Juice 1% Milk	Applesauce w/Cinnamon French Toast 1% Milk	Oatmeal Banana Raisins 1% Milk	Breakfast Pizza 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	Fish Nuggets WG Breading Apricots Broccoli 1% Milk	Ham and Cheese on WG Wrap Mangos Mixed Vegetables 1% Milk	Chili Soup w/Beans Cheese/WG Crackers Mixed Fruit Peas & Carrots 1% Milk	Chicken Nuggets WG Breading Green Beans Peaches 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	Cornflakes 1% Milk	Graham Crackers Grape Juice	Pretzels Apple Juice	Gold Fish 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
May 2021
Part Day

Week of: May 10-May 14 (1)	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	Bagel w/Cream Cheese Melon Mix 1% Milk	Kix Cereal Apple Juice 1% Milk	Corn Flakes Pears 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	Beef and Noodles Green Beans Pineapple 1% Milk	Creamed Chicken WG Bun Mixed Fruit Broccoli 1% Milk	Beef Stew Corn Bread Mangos Mixed Vegetables 1% Milk	Cheese Pizza WG Crust Peaches Carrots 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	Pretzels 1% Milk	Graham Crackers Apple Juice	Blueberry bars Grape Juice	Gold Fish 1% Milk	

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