

Mercer County Head Start Breakfast and Snack Menu
Full Day December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pancakes Mixed Berries 1% Milk	2 Egg Omelet WG Toast Applesauce 1% Milk	3 NO SCHOOL
6 Kix Cereal Apple Juice 1% Milk	7 WG Bagel Cream Cheese Mandarin Oranges 1% Milk	8 French Toast Pineapple 1% Milk	9 Turkey Sausage Links Mixed Fruit 1% Milk	10 WW English Muffin Apple Butter Apple Slices 1% Milk
13 Corn Flakes Pears 1% Milk	14 WG Toast Melon Mix 1% Milk	15 Breakfast Pizza Peaches 1% Milk	16 Oatmeal Banana Raisins 1% Milk	17 Cheerios Pineapple 1% Milk
20 Rice Krispies Applesauce 1% Milk	21 Pancakes Yogurt with blueberries 1% Milk	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Rice Krispies Cereal 1% Milk	2 Pretzels Apple Juice	3 NO SCHOOL
6 Fruit Cup 1% Milk	7 Applesauce Cup 1% Milk	8 ½ Banana String Cheese Water	9 Graham Crackers Yogurt Water	10 Kix Cereal 1% Milk
13 Gold Fish 1% Milk	14 Pretzels Apple Slices Water	15 Cheese and WG Crackers Water	16 ½ Banana 1% Milk	17 Fruit Cup 1% Milk
20 Graham Crackers Apple Juice	21 Pretzels Applesauce Cup Water	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL

Portion Sizes

Breakfast:
Grains or cereal
½ oz equivalents
Fruit or juice ½ c
Milk ¾ c

Snack:
2 of the any
component:
Grains
½ oz equivalents
Fruit & Vegetable
¼ c each
Meat or Alt. 1.5 oz
Milk ½ c

**May serve 1
fruit and 1 veg or 2
veg to equal ½ C.

- 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 Lunch Menu
Full Day December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cheese Pizza WG Crust Mixed Fruit Carrot Sticks 1% Milk	2 Broccoli/Cheese Soup Turkey Links WG Crackers Mixed Fruit Tossed Salad 1% Milk	3 NO SCHOOL
6 Beef and WG Noodles Green Beans Mandarin oranges 1% Milk	7 Sloppy Joes WG Bun Pears Peas/carrots 1% Milk	8 Swedish Meatballs Brown Rice Mango Broccoli 1% Milk	9 Tomato Soup Grilled Ham/Cheese Sandwich WG Bread Applesauce Mixed Vegetables 1% Milk	10 Fish Nuggets WG Breading Apricots Green Beans 1% Milk
13 Creamed Chicken WG Bun Mixed Fruit Broccoli 1% Milk	14 Hamburger WG Bun Applesauce Sweet Potato Fries 1% Milk	15 Chili Soup w/Beans Cheese/WG Crackers Mixed Fruit Peas & Carrots 1% Milk	16 Turkey-Sausage Links WG Mac-N-Cheese Mangos Mixed Vegetables 1% Milk	17 Cheese Pizza WG Crust Pineapple Green Beans 1% Milk
20 Spaghetti Meatball Sauce Cheese Stick Applesauce Peas 1% Milk	21 Egg Patty WG Toast Sweet Potato Cubes Orange Sections 1% Milk	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL

Portion Sizes

Lunch:

Grains
½ slice or ¼ cup
Fruit & Vegetable
¼ c each
Meat or Alt. 1.5 oz
Milk ¾ c

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and 1 veg or 2 veg to
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Mercer County Head Start Breakfast and Snack Menu
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13 Corn Flakes Pears 1% Milk	14 WG Toast Melon Mix 1% Milk	15 Breakfast Pizza Peaches 1% Milk	16 Oatmeal Banana Raisins 1% Milk	17 NO SCHOOL
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