

Mercer County Head Start Lunch Menu  
Full Day May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Black Beans Brown Rice Apricots Stir Fry Vegetables 1% Milk	3 Hamburger WG Bun Applesauce Sweet Potato Fries 1% Milk	4 Swedish Meatballs Brown Rice Mango Broccoli 1% Milk	5 Sloppy Joes WG Bun Pineapple Peas/carrots 1% Milk	6 NO SCHOOL
9 Grilled Ham/Cheese Sandwich WG Bread Applesauce Mixed Vegetables 1% Milk	10 Taco Meat, Cheese, Lettuce WG taco shell Mandarin Oranges Peas & Carrots 1% Milk	11 Spaghetti Meatball Sauce Cheese Stick Peaches Broccoli 1% Milk	12 Beef and WG Noodles Green Beans Pineapple 1% Milk	13 NO SCHOOL
16 Turkey-Sausage Links WG Mac-N- Cheese Mangos Mixed Vegetables 1% Milk	17 Cheese Pizza WG Crust Pineapple Green Beans 1% Milk	Last Day 18 Chicken Wrap w/cheese Applesauce Peas 1% Milk		

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

Mercer County Head Start Breakfast and Snack Menu  
Full Day May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Omelet WG Toast Applesauce 1% Milk	3 Chex Cereal Mangos 1% Milk	4 Pancakes Mixed Berries 1% Milk	5 French Toast Applesauce w/cinnamon 1% Milk	6 NO SCHOOL
9 WW English Muffin Apple Butter Apple Slices 1% Milk	10 WG Bagel Cream Cheese Mandarin Oranges 1% Milk	11 French Toast Mixed Berries 1% Milk	12 Turkey Sausage Links Mixed Fruit 1% Milk	13 NO SCHOOL
16 Corn Flakes Pears 1% Milk	17 WG Toast Melon Mix 1% Milk	Last Day 18 Breakfast Pizza Peaches 1% Milk		

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pretzels Apple Juice	3 ½ Banana 1% Milk	4 Rice Krispies Cereal 1% Milk	5 Trail Mix Orange Sections Water	6 NO SCHOOL
9 Gold Fish Orange Juice	10 Cottage Cheese Mandarin Oranges Water	11 ½ Banana String Cheese Water	12 Graham Crackers Yogurt Water	13 NO SCHOOL
16 Gold Fish 1% Milk	17 Pretzels Oranges Water	Last Day 18 Cheese and WG Crackers Water		

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

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

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Mercer County Head Start Lunch Menu  
Part Day May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets Black Beans Brown Rice Apricots Stir Fry Vegetables 1% Milk	3 Hamburger WG Bun Applesauce Sweet Potato Fries 1% Milk	4 Swedish Meatballs Brown Rice Mango Broccoli 1% Milk	5 Sloppy Joes WG Bun Pineapple Peas/carrots 1% Milk	6 NO SCHOOL
9 Grilled Ham/Cheese Sandwich WG Bread Applesauce Mixed Vegetables 1% Milk	10 Taco Meat, Cheese, Lettuce WG taco shell Mandarin Oranges Peas & Carrots 1% Milk	11 Spaghetti Meatball Sauce Cheese Stick Peaches Broccoli 1% Milk	Last Day 12 Beef and WG Noodles Green Beans Pineapple 1% Milk	13 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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\*\*May serve 1 fruit  
and 1 veg or 2 veg to  
equal ½ C.  
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- Water is available at all meals and throughout the day

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Mercer County Head Start Breakfast and Snack Menu  
Part Day May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Omelet WG Toast Applesauce 1% Milk	3 Chex Cereal Mangos 1% Milk	4 Pancakes Mixed Berries 1% Milk	5 French Toast Applesauce w/cinnamon 1% Milk	6 NO SCHOOL
9 WW English Muffin Apple Butter Apple Slices 1% Milk	10 WG Bagel Cream Cheese Mandarin Oranges 1% Milk	11 French Toast Mixed Berries 1% Milk	Last Day 12 Turkey Sausage Links Mixed Fruit 1% Milk	13 NO SCHOOL

SNACK

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pretzels Apple Juice	3 ½ Banana 1% Milk	4 Corn Flakes 1% Milk	5 Trail Mix Orange Sections Water	6 NO SCHOOL
9 Gold Fish Orange Juice	10 Cottage Cheese Mandarin Oranges Water	11 ½ Banana String Cheese Water	Last Day 12 Graham Crackers Yogurt Water	13 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.

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