



HIGHER HORIZONS HEAD START MENUS SPRING SAMPLE



¾ c 1% milk is served at every lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1½ oz Fish, Pollock ½ c Brown Rice ¼ c Asparagus ¼ c Peaches Veg – 1 Veggie Burger	1½ oz Fish Sticks (4 pieces) ½ Whole Wheat Pita ¼ c Green Beans ¼ c Grapes Veg - Veggie Tenders (5 pieces)	3/8 c Beans & Cheese Taco 1 Soft Tortilla ¼ c Lettuce/Tomato & Salsa/Avocado ¼ c Fresh Orange Slices	1 c Minestrone Soup w/ Chicken ½ c Couscous ¼ c Mixed Vegetables ¼ c Apricots Veg – 3/8 c Bean Soup	1 c Beef Stew w/ Mixed Vegetables ½ c Brown Rice ¼ c Pears (Fresh, Sliced) Veg – 3/8 c Bean Chili
3 oz Vegetable & Cheese Lasagna ¼ c Asparagus ¼ c Grapes	1½ oz Turkey Meatballs/Sauce ½ c Whole Grain Spaghetti ¼ c Broccoli ¼ c Strawberries Veg – 3 oz Veggie Ball	1½ oz Tuna Salad ½ Whole Wheat Pita Bread ¼ c Lettuce & Tomato ¼ c Honeydew Melon Veg – 1½ oz Cheese	1 c Macaroni & Beef ¼ c Green Beans ¼ c Apple Slices Veg – Macaroni w/ Cheese	1½ oz Boneless Chicken Bites (4 pieces) 1 Small Whole Wheat Roll ¼ c Carrots ¼ c Honeydew Melon Veg – 3 oz Veggie Ball

¾ c 1% milk is served at every breakfast and ½ c with snack

Monday	Tuesday	Wednesday	Thursday	Friday
1 Small Blueberry Muffin ½ c Apple Slices 1/3 c Wheat Thins 1/8 c Hummus Water	1/3 c Rice Krispies ½ c Peaches 1 Small Bran Muffin ½ c Milk	1 Mini Bagel w/ Cream Cheese ½ c Sliced Strawberries ½ c Apple Slices 4 oz Yogurt Water	½ English Muffin w/ Jam ½ c Pineapple ½ c Carrot Sticks & Cucumber Slices w/ low-fat dip 1/3 c Whole Wheat Crackers Water	1/3 c Cheerios ½ c Banana 1 BelVita Bar ½ c Milk
1/3 c Chex Cereal ½ c Fresh Orange Slices ½ c Apple Slices ½ oz Cheese Stick Water	1/3 c Cornflakes ½ c Tropical Fruit Salad 1 Cereal Bar ½ c Milk	1 BelVita Bar ½ c Banana 1/3 c Rice & Bean Chips ¼ c Salsa ¼ c Pineapple Water	1/3 c Kix Cereal ½ c Grapes ½ c Pears ½ c Milk	1/3 c Cornflakes ½ c Fresh Fruit Salad (Birthday Social) 1 Small Slice Pound Cake ½ c Peaches ½ c Milk