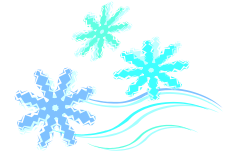


HIGHER HORIZONS HEAD START MENUS WINTER SAMPLE



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

Monday	Tuesday	Wednesday	Thursday	Friday
1/3 c Cheerios ½ c Pears	1 Waffle ½ c Peaches	¼ c Oatmeal ¼ c Raisins	1 Bran Muffin ½ c Apple Slices	1/3 c Life Cereal ½ c Banana
½ c Apple Slices ½ oz Cheese Slice Water	4 oz Fruited Yogurt 1/3 c Whole Wheat Crackers Water	1/3 c Wheat Thins 1/8 c Hummus Water	½ c Carrot Sticks w/ low-fat dip 1/3 c Whole Wheat Crackers Water	1 BelVita Bar ½ c Milk
1 Mini Bagel w/ Cream Cheese ½ c Pineapple	¼ c Cream of Wheat ¼ c Dried Cranberries	1/3 c Chex Cereal ½ c Fresh Orange Slices	½ English Muffin w/ Jam ½ c Grapes	1/3 c Special K Cereal ½ c Banana
1/3 c Rice & Bean Chips 1/4 c Salsa ¼ c Pineapple Water	½ c Pears ½ c Milk	1 Cereal Bar ½ c Milk	4 oz Fruited Yogurt 1/3 c Whole Wheat Crackers Water	1 Small Slice Pound Cake ½ c Peaches ½ c Milk <i>(Birthday Social)</i>

¾ c 1% milk is served at every lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 oz Vegetable & Cheese Lasagna ¼ c Sweet Peas ¼ c Apricots	1 c Minestrone Soup w/ Chicken 1 Small Whole Wheat Roll ¼ c Mixed Vegetables ¼ c Fruit Cocktail Veg – 3/8 c Bean Soup	1½ oz Fish Sticks (4 pieces) ½ Whole Wheat Pita ¼ c Green Beans ¼ c Grapes Veg - Veggie Tenders (5 pieces)	1½ oz Turkey & Cheese 1 Small Whole Wheat Sub ¼ c Lettuce & Tomato ¼ c Tropical Fruit Salad Veg – 1½ oz Cheese Slice	5 oz Cheese Pizza ¼ c Spinach ¼ c Fresh Orange Slices
¾ c Veggie Frittata ½ Slice Whole Wheat Bread ¼ c Broccoli ¼ c Apple Slices	1 c Chicken Tortilla Soup ¼ c Brown Rice ¼ c Peas & Carrots ¼ c Grapes Veg – 3/8 c Bean Soup	1½ oz Tuna Salad ½ Whole Wheat Pita Bread ¼ c Lettuce & Tomato ¼ c Peaches Veg – 1½ oz Cheese	1 c Macaroni & Beef ¼ c Cauliflower ¼ c Pears Veg – Macaroni w/ Cheese	3/8 c Beans & Cheese Taco 1 Soft Tortilla ¼ c Lettuce/Tomato & Salsa/Avocado ¼ c Mandarin Oranges