



HIGHER HORIZONS HEAD START MENUS FALL SAMPLE



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

Monday	Tuesday	Wednesday	Thursday	Friday
1/3 c Special K Cereal ½ c Pears	¼ c Cream of Wheat ¼ c Dried Cranberries	1/3 c Kix Cereal ½ c Mandarin Oranges	½ English Muffin w/ Jam ½ c Kiwifruit	1/3 c Chex Cereal ½ Banana
½ c Carrot Sticks w/ low-fat dip 1/3 c Whole Wheat Crackers Water	½ oz Cottage Cheese ½ c Peaches Water	1/3 c Wheat Thins 1/8 c Hummus Water	1 Cereal Bar ½ c Milk	½ c Apricots ½ c Milk
1/3 c Special K Cereal ½ c Apricots	¼ c Oatmeal ¼ c Raisins	1/3 c Life Cereal ½ c Apple Slices	1 Waffle ½ c Sliced Strawberries	1/3 c Cheerios ½ c Banana
4 oz Fruited Yogurt 1/3 c Whole Wheat Crackers	½ c Peaches ½ c Milk	1/3 c Rice & Bean Chips 1/4 c Salsa ¼ c Pineapple Water	1/3 c Whole Wheat Crackers ½ oz Cheese Slice Water	1/3 c Whole Wheat Crackers ½ oz String Cheese Water

¾ c 1% milk is served at every lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 oz Vegetable Lasagna ¼ c Collard Greens ¼ c Mandarin Oranges	1½ oz Fish, Pollock ½ Slice Whole Wheat Bread ¼ c Sweet Potato Puffs ¼ c Tropical Fruit Salad Veg – 1 Veggie Burger	1 c Chili Con Carne ¼ c Mexican Rice ¼ c Peas & Carrots ¼ c Apple Slices Veg – 3/8 c Bean Chili	1 c Minestrone Soup w/ Chicken 1 Small Whole Wheat Roll ¼ c Mixed Vegetables ¼ c Papaya Veg – 3/8 c Bean Soup	Taco Salad (½ c Rice & Bean Chips, 3/8 c beans, 1/8 c cheese, ¼ c Lettuce/ Tomato & Salsa/ Avocado) ¼ c Pineapple
1 c Macaroni & Beef ¼ c Broccoli ¼ c Pears Veg – Macaroni w/ Cheese	1 c Chicken Tortilla Soup ¼ c Mexican Rice ¼ c Peas & Carrots ¼ c Tropical Fruit Salad Veg- 3/8 c Black Bean Soup	1½ oz Turkey/Cheese 1 Small Whole Wheat Sub ¼ c Lettuce & Tomato ¼ c Apricots Veg – 1½ oz Cheese Slice	1½ oz Fish, Pollock 1 Small Whole Wheat Bun ¼ c Collard Greens ¼ c Peaches Veg – 1 Veggie Burger	5 oz Cheese Pizza ¼ c Acorn Squash ¼ c Pears (Fresh, Sliced)