

Zeeland Public Schools

Head Start


Lunch Menu October 2017

	Monday	Tuesday	Wednesday	Thursday
	2	3	4	5
Week 2	Bosco Stick & Cheese Stick with Marinara Sauce Sides: Baked Beans & Peaches	Chicken Rings w/Honey Wheat Roll & Margarine Sides: Whipped Potatoes & Applesauce	Blueberry Pancakes & Sausage Links Sides: Carrot Sticks & Pineapple Tidbits	Sloppy Joe on Bun Sides: Hashbrown Starz & Grapes
	9	10	11	12
Week 3	Breaded Chicken Leg & Banana Bread Sides: Cherry Tomatoes & Diced Pears	Mac & Cheese w/Honey Wheat Roll & Margarine Sides: Spinach & Romaine Salad w/Red Beans & Mandarin Oranges	French Toast and Sausage Links w/ Syrup Sides: Fresh Red Peppers & Pineapple Tidbits	Crispy Chicken Tenders & Chocolate Muffin Sides: French Fries & Diced Peaches
	16	17	18	19
Week 1	Cheese Pizza Sides: Steamed Broccoli & Mandarin Oranges	Chicken Nuggets & w/Honey Wheat Roll & Margarine Sides: Smile Potatoes & Diced Peaches	Meatballs in Brown Gravy w/Twisted Breadstick Sides: Whipped Potatoes & Melon	Turkey & Cheese on Croissant Sides: Warm Fiesta Black Beans & Fresh Apple
	23	24	25	26
Week 2	Bosco Stick & Cheese Stick with Marinara Sauce Sides: Baked Beans & Peaches	Chicken Rings w/Honey Wheat Roll & Margarine Sides: Whipped Potatoes & Applesauce	Blueberry Pancakes & Sausage Links Sides: Carrot Sticks & Pineapple Tidbits	Sloppy Joe on Bun Sides: Hashbrown Starz & Grapes
	30	31		
Week 3	Breaded Chicken Leg & Banana Bread Sides: Cherry Tomatoes & Diced Pears	Mac & Cheese w/Honey Wheat Roll & Margarine Sides: Spinach & Romaine Salad w/Red Beans & Mandarin Oranges		

Menu subject to change without notice:

Please refer our website www.zps.org/food-service in the event of a "snow day" or unplanned day off to review menu changes.

Head Start Breakfast Menu October 2017

	Monday	Tuesday	Wednesday	Thursday
	2	3	4	5
Week 2	Cereal Juice Milk	Teddy Grahams Diced Peaches Milk	Mini Cinnamon Pull Apart Applesauce Milk	Cereal Juice Milk
	9	10	11	12
Week 3	Cereal Juice Milk	Cinnamon Streusel Muffin Diced Pears Milk	Cinnamon Waffles w/Syrup Fresh Orange Milk	Cereal Juice Milk
	16	17	18	19
Week 1	Cereal Juice Milk	Blueberry Nutrigrain Bar Applesauce Milk	Bosco Breakfast Stick Pineapple Tidbits Milk	Cereal Juice Milk
	23	24	25	26
Week 2	Cereal Juice Milk	Teddy Grahams Diced Peaches Milk	Mini Cinnamon Pull Apart Applesauce Milk	Cereal Juice Milk
	30	31		
Week 3	Cereal Juice Milk	Cinnamon Streusel Muffin Diced Pears Milk		

This institution is an equal opportunity provider.