

# Head Start @ Adams Elementary

## Lunch Menu September 2017

All Meals Include Milk

	Monday	Tuesday	Wednesday	Thursday
Week 1			<b>6</b>	<b>7</b>
			Meatballs in Brown Gravy w/Twisted Breadstick Sides: Whipped Potatoes & Melon	Turkey & Cheese on Croissant  Sides: Warm Fiesta Black Beans & Fresh Apple
Week 2	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
	Bosco Stick & Cheese Stick with Marinara Sauce  Sides: Baked Beans & Peaches	Chicken Nuggets 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
Week 3	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	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
Week 1	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	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

**Menu subject to change without notice**

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





# Head Start @ Adams Elementary

## Breakfast Menu September 2017

All Meals include Milk

	Monday	Tuesday	Wednesday	Thursday
<i>Week 1</i>	6			
			Cereal Juice Milk	Cereal Juice Milk
<i>Week 2</i>	11			
	Cereal Juice Milk	Teddy Grahams Diced Peaches Milk	Cereal Juice Milk	Cereal Juice Milk
<i>Week 3</i>	18			
	Cereal Juice Milk	Cinnamon Streusel Muffin Diced Pears Milk	Cereal Juice Milk	Cereal Juice Milk
<i>Week 1</i>	25			
	Cereal Juice Milk	Blueberry Nutrigrain Bar Applesauce Milk	Cereal Juice Milk	Cereal Juice Milk

This institution is an equal opportunity provider.