




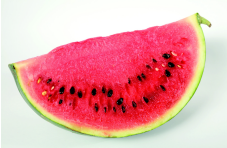




# June 2025

## Head Start of Eastern Orange County Menu

Monday	Tuesday	Wednesday	Thursday	Friday
02	03	 <b>Cultural</b> Wednesday 04	05	06
<b>B:</b> WGR Cereal, Applesauce, 1% Milk <b>L:</b> Bean Stew w/ Quinoa, Celery & Carrots, Kiwi, 1% Milk <b>S:</b> WGR Cracker & Sliced Pear 2	<b>B:</b> WGR French Toast, Blueberries, 1% Milk <b>L:</b> BBQ Chicken ( <b>Tofu</b> ), Brown Rice, Mixed Vegetables, Plums, 1% Milk <b>S:</b> WGR Muffins, 1% Milk	<b>B:</b> Oatmeal, Mandarins, 1% Milk <b>L:</b> Irish Shepard's Pie w/ Lean Ground Beef ( <b>Beans</b> ), Mashed Potatoes, Peas, Carrots, & Cabbage, WW Biscuit, <b>Cantaloupe</b> , 1% Milk <b>S:</b> LF Cheese ( <b>Fruit</b> ), & WGR Animal Crackers	<b>B:</b> Eggs, Sweet Plantains, 1% Milk <b>L:</b> WW Spaghetti, Lean Ground Turkey Meatballs ( <b>Veggie Burger</b> ), Tomato & Cucumber Salad, Oranges, 1% Milk <b>S:</b> Wowbutter & Sliced Apples	<b>No School</b>
09	10	 <b>Cultural Wednesday</b> 11	12	13
<b>B:</b> Cold Cereal, Apricots, 1% Milk <b>L:</b> Chickpea Stew w/ WW Biscuit, <b>Mixed Green Salad</b> , Plums, 1% Milk <b>S:</b> WGR Goldfish & Sliced Peaches 3	<b>B:</b> WGR Pancakes, Sliced Apples, 1% Milk <b>L:</b> Chicken Meatball Sub ( <b>Veggie Burger</b> ), WW Hotdog Bun, Mushrooms, Onions, <b>Watermelon</b> , 1% Milk <b>S:</b> WRG Rice Cakes & 1% Milk	<b>B:</b> Bran Flake Cereal, Pears, 1% Milk <b>L:</b> Mexican Steak Fajita ( <b>Beans</b> ), WW Tortilla, Corn, Bell Pepper, Onion, Tomatoes, Mango, 1% Milk <b>S:</b> Breadsticks & Bean Dip	<b>B:</b> Oatmeal, Sliced Banana, 1% Milk <b>L:</b> Diced Teriyaki Chicken, Brown Rice, Broccoli, Strawberries, 1% Milk <b>S:</b> Yogurt Parfait w/ LF Yogurt ( <b>Fruit</b> ), & WGR Granola	<b>B:</b> WW English Muffin, Tropical Mixed Fruit, 1% Milk <b>L:</b> Turkey Sloppy Joes w/ Lean Ground Turkey ( <b>Lentils</b> ), Coleslaw, Oranges, WW Bun, 1% Milk <b>S:</b> Unsalted Pretzels & 100% Juice
16	17	 <b>Cultural Wednesday</b> 18	19	22
<b>B:</b> WW Mini Bagel w/ LF Cream Cheese, Peaches, 1% Milk <b>L:</b> Lentils & Brown Rice, Stewed Tomatoes, Mixed Vegetables, Strawberries, 1% Milk <b>S:</b> Hummus & Ritz Crackers 4	<b>B:</b> Oatmeal, Tropical Fruit Cup, 1% Milk <b>L:</b> Roasted Turkey ( <b>Mixed Beans</b> ), WW Bread, Broccoli, Applesauce, 1% Milk <b>S:</b> WW Pita & 1 % Milk	<b>B:</b> Bran Flake Cereal, Mango, 1% Milk <b>L:</b> Filipino Adobo Chicken ( <b>Tofu</b> ) w/ Quinoa, String Beans, Mandarin Oranges, 1% Milk <b>S:</b> Graham Crackers & <b>Cantaloupe</b>	<b>No School</b>	<b>B:</b> Farina, Fresh Mandarins, 1% Milk <b>L:</b> Lean Beef Hamburger ( <b>Veggie Burger</b> ), WW Bun, <b>Lettuce</b> , Tomato, <b>Cantaloupe</b> , 1% Milk <b>S:</b> Wowbutter & Apple Slices
23	24	 <b>Cultural Wednesday</b> 25	26	27
<b>B:</b> WGR Waffles, Tropical fruit, 1% Milk <b>L:</b> WGR Mac & Cheese ( <b>WGR Pasta &amp; Chicken</b> ), Broccoli, Apricots, 1% Milk <b>S:</b> Triscuit Crackers and Mango 1	<b>B:</b> Cheerios Cereal, Blueberries, 1% Milk <b>L:</b> Tacos w/ Lean Ground Turkey, ( <b>Beans</b> ), WGR Tortillas, <b>Lettuce</b> /Tomato, Sliced Oranges, 1% Milk <b>S:</b> Apple Slices, LF Cheese ( <b>Pita Triangles</b> )	<b>B:</b> Oatmeal, Diced Peaches, 1% Milk <b>L:</b> Mongolian Beef Stir Fry, w/ WGR Biscuit, Mixed California Veggies, Pears, 1% Milk <b>S:</b> WGR Warm Soft Pretzel & Pineapple	<b>Last Day of School!</b> <b>B:</b> French Toast ( <b>WW Bread</b> ), Fresh Orange Slices, 1% Milk <b>L:</b> Tuna Salad on WW Bread, Coleslaw, Bananas, 1% Milk <b>S:</b> LF Yogurt Parfait w/ Granola	<b>No School</b>
30	01	02	03	04
Vegetable of the Month: Salad Greens 	Fruit of the Month: Melon 			

# Happy Summer Break!

LF: Low Fat    WW: Whole Wheat    WG: Whole Grain  
 Wow butter: soy bean butter

\*Substitutions are made for those who have allergies, dietary restrictions or religious exemptions  
 \* Please note: Foods will be served as family style