

# Head Start of Eastern Orange County March 2024



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>26</p>	 <p>27</p>	<p>Veggie of The Month: 28</p> <p><b>Cabbage</b> </p>	<p>Fruit of the Month: 29</p> <p><b>Bananas</b> </p>	<p>Staff Conference Day No School</p>
<p>04</p> <p><b>Breakfast:</b> WGR Waffles (<b>WGR Cold Cereal</b>), Tropical fruit cup, 1% Milk <b>Lunch:</b> WGR Mac &amp; Cheese (<b>No Cheese/Pasta &amp; Chicken</b>), Broccoli, Apricots, 1% Milk <b>Snack:</b> Triscuit Crackers and Hummus</p>	<p>05</p> <p><b>Breakfast:</b> Cheerios Cereal, Blueberries, 1% Milk <b>Lunch:</b> Tacos w/ Ground Beef, (<b>Beans</b>), WGR Tortillas, Lettuce/Tomato Sliced Oranges, 1% Milk <b>Snack:</b> Apple Slices, LF Cheese (<b>Pita Triangles</b>)</p>	<p> <b>Cultural Wednesday</b> 06</p> <p><b>Breakfast:</b> Oatmeal, Diced Peaches, 1% Milk <b>Lunch:</b> Ethiopian Chicken Stew (<b>Mixed Beans</b>), WGR Biscuit, Roasted Potatoes, Pears, 1% Milk <b>Snack:</b> WG Warm Soft Pretzel, Pineapple (<b>Fruit</b>)</p>	<p>07</p> <p><b>Breakfast:</b> French Toast (<b>Toast</b>), Oranges, 1% Milk <b>Lunch:</b> Tuna Salad (<b>Eggs</b>), WW Bread, <b>Cabbage</b> Coleslaw, <b>Banana</b>, 1% Milk <b>Snack:</b> LF Yogurt (<b>Fresh Fruit</b>), Granola</p>	<p>08</p> <p>Home Visits No School</p>
<p>11</p> <p><b>Breakfast:</b> Cereal, Mixed Berries, 1% Milk <b>Lunch:</b> Bean Stew w/ Quinoa, Celery &amp; Carrots, Kiwi, 1% Milk <b>Snack:</b> Wheat Thins, Sliced Pear</p>	<p>12</p> <p><b>Breakfast:</b> Eggs, <b>Sweet Plantains</b>, 1% Milk <b>Lunch:</b> WW Spaghetti, Lean Ground Turkey Meatballs (<b>Veggie Burger</b>), Tomato &amp; Cucumber Salad, Orange Slices, 1% Milk <b>Snack:</b> LF Cheese (<b>Fruit</b>), Animal Crackers</p>	<p> <b>Cultural Wednesday</b> 13</p> <p><b>Breakfast:</b> Oatmeal, <b>Bananas</b>, 1% Milk <b>Lunch:</b> Irish Shepherd's Pie w/ Lean Ground Beef, (<b>Beans</b>), WW Biscuit, Mashed Potatoes, Peas &amp; Carrots, <b>Cabbage</b>, Plums, 1% Milk <b>Snack:</b> Apples &amp; Sunbutter</p>	<p>14</p> <p><b>Breakfast:</b> WG French Toast, Mandarins, 1% Milk <b>Lunch:</b> BBQ Chicken (<b>Tofu</b>), Brown Rice, Mixed Vegetables, Clementines, 1% Milk <b>Snack:</b> Blueberry Muffins, 1% Milk</p>	<p>15</p> <p><b>Breakfast:</b> Bulgur Wheat Porridge, Pineapple, 1% Milk <b>Lunch:</b> Extra Cheesy Pizza w/ WW Crust, Spinach, Sliced <b>Banana</b>, 1% Milk <b>Snack:</b> LF Yogurt (<b>Triscuits</b>)w/ Mixed Berries</p>
<p>18</p> <p><b>Breakfast:</b> Cold Cereal, Strawberries, 1% Milk <b>Lunch:</b> Chickpea Stew, WW Biscuit, Spinach Salad, Apricots, 1% Milk <b>Snack:</b> WGR Goldfish &amp; Peaches</p>	<p>19</p> <p><b>Breakfast:</b> WGR Pancakes, Sliced Apples, 1% Milk <b>Lunch:</b> Chicken Meatball Sub (<b>Veggie Burger</b>), WW Rolls, Mushrooms, Onions, Blueberries, 1% Milk <b>Snack:</b> Rice Cakes &amp; 1% Milk</p>	<p> <b>Cultural Wednesday</b> 20</p> <p><b>Breakfast:</b> Eggs (<b>WGR Toast</b>), Oven Baked Tater Tots, Pears, 1% Milk <b>Lunch:</b> Mexican Steak Fajita (<b>Beans</b>), WW Tortilla, Corn, Bell Pepper, Onion, Tomatoes, Mango, 1% Milk <b>Snack:</b> Breadsticks &amp; Guacamole</p>	<p>21</p> <p><b>Breakfast:</b> Oatmeal, Sliced Bananas, 1% Milk <b>Lunch:</b> Teriyaki Chicken (<b>Tofu</b>), Brown Rice, Roasted Broccoli, Mixed Fruit, 1% Milk <b>Snack:</b> LF Yogurt (<b>Fruit</b>), &amp; Granola</p>	<p>22</p> <p><b>Breakfast:</b> WW English Muffin, Tropical Mixed Fruit, 1% Milk <b>Lunch:</b> Turkey Sloppy Joes (<b>Veggie Burger</b>), WW Bun, <b>Cabbage</b> Coleslaw, Oranges, 1% Milk <b>Snack:</b> Unsalted Pretzels &amp; Juice</p>
<p>25</p> <p>Spring Break No School</p>	<p>26</p> <p>Spring Break No School</p>	<p>27</p> <p>Spring Break No School</p>	<p>28</p> <p>Spring Break No School</p>	<p>29</p> <p>Spring Break No School</p>

LF- Low Fat      WG- Whole Grain  
Sunbutter- Sunflower seed butter.

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