



Head Start of Eastern Orange County April 2025 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
31 No School 1	1 B: Cheerios, Blueberries, 1% Milk L: Tacos w/ Lean Ground Turkey, (Beans), WGR Tortillas, Lettuce/Tomato, Oranges, 1% Milk S: Apple Slices, LF Cheese (Pita Triangles)	2 No School (Staff Only)	3 No School (Staff Only)	4 No School (Staff Only)
7 B: WGR muffins, peaches, 1% milk L: "Breakfast for lunch", Turkey Sausage, Veggie omelet, Fruit Medley, WGR biscuit, 1% Milk S: LF Cheese & Carrots Week of the Young Child!	8 B: Cream of Wheat, Strawberries 1% milk L: Chicken (Tofu), Tostados (WW Taco) Lettuce & Tomato, Apples, 1% Milk S: Wheat Thins, 100% Grape Juice	9 Cultural Wednesday B: Oatmeal, Mandarins, 1% Milk L: Irish Shepard's Pie w/ Lean Ground Beef (Beans), Mashed Potatoes, Peas, Carrots, & Cabbage, WW Biscuit, Cantaloupe, 1% Milk S: LF Cheese (Fruit), & WGR Animal Crackers	10 B: WW Mini Bagels, Apricots, 1% Milk L: Fish (Veggie Burger) & Chips (Oven Fries), WGR Dinner Rolls, Mixed Vegetables, Cantaloupe, 1% Milk S: LF Yogurt, Oranges	11 B: Oatmeal, Pineapples, 1% Milk L: Cheese Pizza, Mixed Vegetables, Tropical Fruit Medley, 1% Milk S: Graham Crackers & 1% Milk "Make your own Sundae" Day!!!
14 Spring Break! 3	15 Spring Break!	16 Spring Break!	17 Spring Break!	18 Spring Break!
21 B: WW Mini Bagel w/ LF Cream Cheese, Peaches, 1% Milk L: Black Bean Sweet Potato Chili w/ WW Pita, Strawberries, 1% Milk S: Hummus & Ritz Crackers 4	22 B: Oatmeal, Tropical Fruit Cup, 1% Milk L: Roasted Turkey (Mixed Beans), WW Bread, Broccoli, Applesauce, 1% Milk S: Cinnamon Toast on WW Pita, 1% Milk	23 Cultural Wednesday B: Bran Flake Cereal, Mango, 1% Milk L: Filipino Adobo Chicken (Tofu) w/ Quinoa, String Beans, Mandarin Oranges, 1% Milk S: Graham Crackers & Cantaloupe	24 B: WG Muffin, Sliced Pear, 1% Milk L: Stir Fried Bulgur/Brown Rice w/ Eggs & Tofu, Kale, Spinach, Carrots, & Peas, Bananas, 1% Milk S: LF Cheese & Triscuit Crackers	25 B: Farina, Fresh Mandarins, 1% Milk L: Lean Beef Hamburger (Veggie Burger), WW Bun, Lettuce, Tomato, Cantaloupe, 1% Milk S: Wowbutter & Apple Slices
28 B: WGR Waffles, Tropical fruit, 1% Milk L: WGR Mac & Cheese (WGR Pasta & Chicken), Broccoli, Apricots, 1% Milk S: Triscuit Crackers and Mango 1	29 B: Cheerios, Blueberries, 1% Milk L: Tacos w/ Lean Ground Turkey, (Beans), WGR Tortillas, Lettuce/Tomato, Oranges, 1% Milk S: Apple Slices, LF Cheese (Pita Triangles)	30 Cultural Wednesday B: Oatmeal, Diced Peaches, 1% Milk L: Mongolian Beef Stir Fry, w/ WGR Biscuit, Mixed California Veggies, Pears, 1% Milk S: WGR Warm Soft Pretzel & Pineapple	Veggie of the Month: Potatoes 	Fruit of the Month: Mango 

LF- Low Fat WGR- Whole Grain WW- Whole Wheat
Wowbutter- Soybean butter.

* Please note: Foods will be served as family style.

* Substitutions are made for those who have allergies, dietary restrictions or religious exemptions.