



June 2024



# Head Start of Eastern Orange County Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>03</p> <p><b>B:</b> WW Mini Bagel w/ LF Cream Cheese, Peaches, 1% Milk  <b>L:</b> Black Bean Sweet Potato Chili w/ WW Pita, Strawberries, 1% Milk  <b>S:</b> Hummus &amp; Ritz Crackers</p> <p>4</p>	<p>04</p> <p><b>B:</b> Oatmeal, Tropical Fruit, 1% Milk  <b>L:</b> Roasted Turkey (<b>Mixed Beans</b>), WW Bread, Broccoli, Applesauce, 1% Milk  <b>S:</b> Cinnamon Toast on WW Pita, 1 % Milk</p>	<p> <b>Cultural Wednesday</b> 05</p> <p><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 &amp; <b>Cantaloupe</b></p>	<p>06</p> <p><b>B:</b> WG Muffin, Sliced Pear, 1% Milk  <b>L:</b> Stir Fried Bulgur/Brown Rice w/ Eggs (<b>Tofu</b>) Kale, Spinach, Carrots, &amp; Peas, Bananas, 1% Milk  <b>S:</b> LF Cheese &amp; Triscuit Crackers</p>	<p>07</p> <p><b>No School</b></p>
<p>10</p> <p><b>B:</b> WGR Waffles, Tropical fruit, 1% Milk  <b>L:</b> WGR Mac &amp; Cheese (<b>No Cheese/Pasta &amp; Chicken</b>), Broccoli, Apricots, 1% Milk  <b>S:</b> Triscuit Crackers and Hummus</p> <p>1</p>	<p>11</p> <p><b>B:</b> Cheerios Cereal, Blueberries, 1% Milk  <b>L:</b> Tacos w/ Ground Beef, (<b>Beans</b>), WGR Tortillas, <b>Lettuce</b>/Tomato Sliced Oranges, 1% Milk  <b>S:</b> Apple Slices, LF Cheese (<b>Pita Triangles</b>)</p>	<p> <b>Cultural Wednesday</b> 12</p> <p><b>B:</b> Oatmeal, Diced Peaches, 1% Milk  <b>L:</b> Ethiopian Chicken Stew (<b>Mixed Beans</b>), WGR Biscuit, Roasted Potatoes, Pears, 1% Milk  <b>S:</b> WGR Warm Soft Pretzel &amp; Pineapple</p>	<p>13</p> <p><b>B:</b> French Toast (<b>WW Bread</b>), Fresh Orange Slices, 1% Milk  <b>L:</b> Tuna Salad on WW Bread, Coleslaw, Banana, 1% Milk  <b>S:</b> LF Yogurt Parfait w/ Granola</p>	<p>14</p> <p><b>B:</b> WW English Muffin, Pears, 1% Milk  <b>L:</b> Bulgur Wheat w/ Chicken (<b>Veggie Burger</b>), Bell Peppers, Mixed Berries, 1% Milk  <b>S:</b> Wheat Thins &amp; 100% Juice</p>
<p>17</p> <p><b>B:</b> Cereal, Applesauce, 1% Milk  <b>L:</b> Bean Stew w/ Quinoa, Celery &amp; Carrots, Kiwi, 1% Milk  <b>S:</b> Wheat Thins, Sliced Pear</p> <p>2</p>	<p>18</p> <p><b>B:</b> Eggs (<b>toast</b>), Sweet Plantains, 1% Milk  <b>L:</b> WW Spaghetti, Lean Ground Turkey Meatballs (<b>Veggie Burger</b>), Tomato &amp; Cucumber Salad, Orange Slices, 1% Milk  <b>S:</b> LF Cheese (<b>Fruit</b>), Animal Crackers</p>	<p>19</p> <p><b>Holiday No School</b></p>	<p>20</p> <p><b>B:</b> WG French Toast, Mandarins, 1% Milk  <b>L:</b> BBQ Chicken (<b>Tofu</b>), Brown Rice, Mixed Vegetables, Plums, 1% Milk  <b>S:</b> Blueberry Muffins, 1% Milk</p>	<p>21</p> <p><b>B:</b> Bulgur Porridge, Pineapple, 1% Milk  <b>L:</b> LF Extra Cheesy Pizza w/ WW Crust (<b>Chicken Tenders</b>), Spinach, Banana, 1% Milk</p>
<p>24</p> <p><b>B:</b> Cold Cereal, Apricots, 1% Milk  <b>L:</b> Chickpea Stew w/ WW Biscuit, <b>Mixed Green Salad</b>, Strawberries, 1% Milk  <b>S:</b> WGR Goldfish &amp; Sliced Peaches</p> <p>3</p>	<p>25</p> <p><b>B:</b> WGR Pancakes, Sliced Apples, 1% Milk  <b>L:</b> Chicken Meatball Sub (<b>Veggie Burger</b>), WW Rolls, Mushrooms, Onions, <b>Watermelon</b>, 1% Milk</p>	<p> <b>Cultural Wednesday</b> 26</p> <p><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 &amp; Guacamole</p>	<p>27</p> <p><b>No School Summer Break</b></p> <p>  <b>Fruit of the Month: Melon</b></p>	<p>28</p> <p><b>No School Summer Break!</b></p> <p>  <b>Vegetable of the Month: Lettuce</b></p>

LF: Low Fat- WW: Whole Wheat WG: Whole Grain  
 Sunbutter: sunflower seed butter

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