

Early Head Start Lunch Menu

MONDAY

3RD
 ½ Chicken Quesadilla
 ¼ c. Spanish Rice
 1/8 c. Black Beans
 1/8 c Diced Peaches
 4 oz. Milk

10TH
 1 Soft Beef Taco
 1/8 c. Refried Beans
 1/8 c. Apricots
 4 oz. Milk

17TH
 ½ Chicken Quesadilla
 ¼ c. Spanish Rice
 1/8 c. Black Beans
 1/8 c Diced Peaches
 4 oz. Milk

24TH
 1 Soft Beef Taco
 1/8 c. Refried Beans
 1/8 c. Apricots
 4 oz. Milk

TUESDAY

4TH
 ½ Sloppy Joes
 Sandwich
 1/8 c. Carrots
 1/8 c. Diced Pineapples
 4 oz. Milk

11TH
 1 oz. Diced Chicken
 1/8 z. Green Beans
 ¼ c. Brown Rice
 1/8 c. Strawberries
 4 oz. Milk

18TH
 ½ Sloppy Joes
 Sandwich
 1/8 c. Carrots
 1/8 c. Diced Pineapples
 4 oz. Milk

25TH
 1 oz. Diced Chicken
 1/8 z. Green Beans
 ¼ c. Brown Rice
 1/8 c. Strawberries
 4 oz. Milk

WEDNESDAY

5TH
 ½ pc. Chicken Spaghetti
 1/8 c. Roasted Broccoli
 ¼ slc. Garlic Bread
 1/8 c. Oranges
 4 oz. Milk

12TH
 ½ c. Beef Spaghetti
 1/8 c. Snap Peas
 ½ WW Dinner Roll
 1/8 c. Raspberries
 4 oz. Milk

19TH
Juneteenth
 June 19

 Celebrate Freedom!

26TH
 ½ c. Beef Spaghetti
 1/8 c. Snap Peas
 ½ WW Dinner Roll
 1/8 c. Raspberries
 4 oz. Milk

THURSDAY

6TH
 4 oz. Milk
 1/2 Bean & Cheese
 Burrito
 1/8 c. Corn
 1/8 c. Sliced Apples

13TH
 ½ Chicken Enchilada
 1/8 c. Black Bean &
 Corn Salsa
 1/8 c. Mangos
 4 oz. Milk

20TH
 4 oz. Milk
 1/2 Bean & Cheese
 Burrito
 1/8 c. Corn
 1/8 c. Sliced Apples

27TH
 ½ Chicken Enchilada
 1/8 c. Black Bean &
 Corn Salsa
 1/8 c. Mangos
 4 oz. Milk

FRIDAY

7TH 4 oz. Milk
 3 Chicken Nuggets
 ¼ c. Macaroni &
 Cheese
 1/8 c. Snap Peas
 1/8 c. Mangos

14TH
 ½ Turkey & Cheese
 Sandwich
 1/8 c. Carrots
 1/8 c. Mixed Fruit
 4 oz. Milk

21ST 4 oz. Milk
 3 Chicken Nuggets
 ¼ c. Macaroni &
 Cheese
 1/8 c. Snap Peas
 1/8 c. Mangos

28TH

**No School
 Staff
 Work Day**

JUN

MENU 2024

HAMILTON POOL WATERFALL



ANNOUNCEMENTS:

- TBD

