



CAROLINA COMMUNITY ACTIONS, INC.

HEAD START MENU* AUGUST 2019

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 WG RS Cinnamon Toast Crunch Cereal Diced Pears	20 WG Pancake Pineapple Tidbits	21 WG Biscuit Mandarin Oranges	22 Kix Cereal Diced Peaches	23 WG French Toast Sticks Applesauce
26 WG Pancake Diced Peaches	27 WG RS Cinnamon Toast Crunch Cereal Diced Pears	28 WG Biscuit Pineapple Tidbits	29 WG French Toast Sticks Applesauce	30 WG RS Cinnamon Flakes Cereal Fresh Banana

1% Milk served at each meal at breakfast WG = Whole Grain WW = Whole Wheat RS = Reduced Sugar

All cereals meet the whole grain requirement for the Child and Adult Care Food Program (CACFP).

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 WG Chicken Nuggets Mashed Potatoes Steamed Broccoli Applesauce	20 WG Cheese Pizza Corn on the Cob Diced Peaches	21 Macaroni & Beef w/ Tomato Sauce Cooked Carrots WG Bread Stick Diced Pears	22 Baked Chicken Drumstick Sweet Potatoes Green Beans Pineapple Tidbits	23 WG Fish Nuggets Coleslaw Baked Beans Vegetables Mandarin Oranges
26 Diced Chicken WG Noodles Cooked Carrots Diced Peaches	27 Homemade Macaroni & Cheese Green Beans Black eyed Peas Applesauce	28 WG Chicken Nuggets Mashed Potatoes Tossed Salad w/ Tomatoes Pineapple Tidbits	29 WG Cheese Pizza Corn on the Cob Diced Pears	30 Homemade Beef & Spaghetti Casserole Tossed Salad w/ Tomatoes Mandarin Oranges WG Breadstick

1% Milk served at each meal at lunch

SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 Club Crackers Orange Juice	20 WG Goldfish Crackers Grape Juice	21 Yogurt Apple Juice	22 WG Graham Crackers Pineapple Juice	23 Fresh Sliced Apples Bug Bite Grahams
26 WG Goldfish Crackers Grape Juice	27 WG Tostitos Sun Chips Pineapple Juice	28 Club Crackers Frozen Juice Vegetable Cup	29 Yogurt Fresh Banana	30 Fresh Sliced Apples Graham Crackers

All Juice is 100% Fruit Juice All Milk is 1% unflavored Milk WG=Whole Grain WW=Whole Wheat RS=Reduced Sugar

WELCOME to HEAD START!!!!!!



*Please note that this menu is for Avery Lake, Edgemoor, Jonesville, and North Chester Head Start Centers. Clover, Rock Hill, and York Head Start Center menus are provided by their school district nutrition services and may be found on the school's website.