


CAROLINA COMMUNITY ACTIONS, INC.

HEAD START MENU SEPTEMBER 2019


BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Labor Day Holiday!</p> 	<p>3 WG Waffle Diced Pears</p>	<p>4 WG RS Cinnamon Toast Crunch Cereal Mandarin Oranges</p>	<p>5 WG French Toast Sticks Applesauce</p>	<p>6 Oatmeal w/ Cinnamon Diced Peaches</p>
<p>9 WG Kix Cereal Diced Pears</p>	<p>10 WG Blueberry Muffin Pineapple Tidbits</p>	<p>11 WG Pancake Diced Peaches</p>	<p>12 WG RS Cinn. Toast Crunch Cereal Mandarin Oranges</p>	<p>13 WG Biscuit w/ Jelly Tropical Fruit</p>
<p>16 WG Cheerios Cereal Fresh Orange Slices</p>	<p>17 WG Waffle Diced Pears</p>	<p>18 WG RS Cinnamon Toast Crunch Cereal Mandarin Oranges</p>	<p>19 WG French Toast Sticks Tropical Fruit</p>	<p>20 Oatmeal w/ Cinnamon Pineapple Tidbits</p>
<p>23 WG Kix Cereal Fresh Orange Slices</p>	<p>24 WG Banana Muffin Diced Pears</p>	<p>25 WG Pancake Pineapple Tidbits</p>	<p>26 WG RS Cinnamon Flakes Cereal Fresh Banana</p>	<p>27 WG Biscuit w/ Jelly Diced Peaches</p>
<p>30 WG RS Cinnamon Flakes Cereal Fresh Banana</p>				

1% Milk served at each meal at breakfast

All cereals meet the WG requirement of the CACFP

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Labor Day Holiday!</p> 	<p>3 Homemade Diced Chicken & Brown Rice Broccoli, Carrot & Cauliflower Mix Applesauce</p>	<p>4 Homemade WG Macaroni & Cheese Spinach Black-eyed Peas Pineapple Tidbits</p>	<p>5 Cheeseburger on WG Bun Corn on the Cob Diced Peaches</p>	<p>6 Fish Nuggets Baked Beans Slaw Diced Pears</p>
<p>9 Chicken Nuggets Green Beans Sweet Potatoes Pineapple Tidbits</p>	<p>10 Stew Beef Cream Potatoes Green Beans Diced Peaches</p>	<p>11 Meatloaf Brown Rice Steamed Cabbage Tropical Fruit</p>	<p>12 BBQ Chicken Drumstick Pinto Beans Collard Greens Mandarin Oranges</p>	<p>13 Homemade Beef & WG Spaghetti Casserole Tossed Salad /w Tomatoes WG Bread Stick Diced Pears</p>
<p>16 Cheese Pizza Corn-on-Cob Mandarin Oranges</p>	<p>17 Meatloaf Cream Potatoes Spinach Applesauce WG Bread Stick</p>	<p>18 Homemade WG Macaroni & Cheese Steamed Cabbage Black-eyed Peas Diced Peaches</p>	<p>19 Homemade Chicken & Noodles Broccoli, Carrot & Cauliflower Mix Applesauce</p>	<p>20 WG Cheese Lasagna Roll-Up Tossed Salad w/ Tomatoes WC Bread Stick Pineapple Tidbits</p>
<p>23 WG Chicken Nuggets Broccoli Florets Wh. Kernel Corn Applesauce</p>	<p>24 Stew Beef over Brown Rice Turnip Greens Mandarin Oranges</p>	<p>25 Baked Chicken Drumstick Sweet Potatoes Green Beans Diced Pears</p>	<p>26 Homemade Beef & WG Spaghetti Casserole Tossed Salad w/ Tomatoes WG Bread Stick Diced Peaches</p>	<p>27 Hamburger on WG Bun w/ Lettuce & Sliced Tomato Cooked Carrots Tropical Fruit</p>
<p>30 Cheese Pizza Corn-on-Cob Mandarin Oranges</p>				

1% Milk served at each meal at lunch

All Juice is 100% Fruit Juice


WG=Whole Grain

WW=Whole Wheat

RS= Reduced Sugar

**CAROLINA COMMUNITY ACTIONS, INC.
HEAD START SNACK MENU*
SEPTEMBER 2019**

SNACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Labor Day</p> <p>Holiday!</p> 	<p>3 WG Goldfish Crackers Orange Juice</p>	<p>4 Yogurt Fresh Apple Slices</p>	<p>5 WG Bug Bite Grahams Frozen Juice Vegetable Cup</p>	<p>6 WG Tostitos Sun Chips Pineapple Juice</p>
<p>9 WG Graham Crackers Grape Juice</p>	<p>10 WG Cheez-It Crackers Apple Juice</p>	<p>11 WG Bug Bite Grahams Grape Juice</p>	<p>12 Yogurt Fresh Apple Slices</p>	<p>13 Club Crackers Pineapple Juice</p>
<p>16 WG Bug Bite Grahams Apple Juice</p>	<p>17 WG Goldfish Crackers Orange Juice</p>	<p>18 Yogurt Fresh Apple Slices</p>	<p>19 Club Crackers Pineapple Juice</p>	<p>20 WG Tostitos Sun Chips Grape Juice</p>
<p>30 WG Cheez-It Crackers Apple Juice</p>				

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

**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 provide by their school district nutrition services and may be found on the school district website.*