

March 2008

ALACHUA COUNTY SCHOOL FOOD SERVICE

Head Start Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	LF/FF Milk Fruit Juice French Toast Sticks w/syrup	4	LF/FF Milk Applesauce Honey Wheat Donut	5	LF/FF Milk Fruit Juice Breakfast Burrito	6	LF/FF Milk Fruit Juice Pancakes w/syrup	7	LF/FF Milk Fruit Juice Turkey Canadian Bacon on Biscuit
	Chicken Nuggets w/dip Corn on the Cob Chilled Orange Wedges Low Fat/Fat Free Milk		Loaded Fries w/Sour Cream Broccoli w/ Cheese Sauce Chilled Pineapple Tidbits Low Fat/Fat Free Milk		Hamburger on WW Bun Baked Fries w/Ketchup Chilled Rosy Pears Low Fat/Fat Free Milk		Grilled Chicken on WW Bun Tossed Salad w/ Dressing Chilled Peaches (diced/sliced) Low Fat/Fat Free Milk		Cheese Pizza or Manager's Choice California Blend Chilled Mixed Fruit Cup Low Fat/Fat Free Milk
	Snack		Snack		Snack		Snack		Snack
10	LF/FF Milk Fruit Juice Ultra Cinnamon Toast	11	LF/FF Milk Fruit Juice Scrambled Eggs w/ Cheese Grits	12	LF/FF Milk Banana Half Turkey Sausage & Biscuit	13	LF/FF Milk Fruit Juice Sweet Potato Muffin	14	LF/FF Milk Fruit Juice Turkey Breakfast Stick
	Pulled BBQ Pork on WW Bun California Blend Chilled Apple Wedges Low Fat/Fat Free Milk		BBQ Chicken on WW Bun Potato Smiles w/ketchup Fruited Gelatin Low Fat/Fat Free Milk		Beef/Turkey Nachos w/Sour Cr. Peas and Carrots Chilled Pineapple Tidbits Low Fat/Fat Free Milk		Macaroni & Cheese w/Ham Seasoned Greens Chilled Peaches (sliced/diced) Low Fat/Fat Free Milk		Cheese Pizza or Manager's Choice Tossed Salad w/dressing Frozen Fruit Juice Bar Low Fat/Fat Free Milk
	Snack		Snack		Snack		Snack		Snack
17	LF/FF Milk Fruit Juice Waffles w/syrup	18	LF/FF Milk Fruit Juice Turkey Canadian Bacon w/Biscuit	19	LF/FF Milk Fruit Juice Cheerios Graham Crackers	20	LF/FF Milk Banana Half Breakfast Chicken Biscuit	21	LF/FF Milk Fruit Juice Egg Patty w/Biscuit
	Hamburger on WW Bun w/cond. Lettuce & Tomato Cup Chilled Pear (diced/sliced) Low Fat/Fat Free Milk		Chicken Nuggets w/dip Baked Beans Chilled Apple Wedges Low Fat/Fat Free Milk		Beef-a-roni (or Spaghetti) Whole Kernel Corn Chilled Peaches (sliced/diced) Low Fat/Fat Free Milk		Chicken and Rice Green Beans Chilled Mixed Fruit Cup Low Fat/Fat Free Milk		Cheese Pizza or Manager's Choice Tossed Salad w/Dressing Frozen Fruit Juice Bar Low Fat/Fat Free Milk
	Snack		Snack		Snack		Snack		Snack
24	LF/FF Milk Fruit Juice Egg Patty on Biscuit	25	LF/FF Milk Fruit Juice Pancakes w/Syrup	26	LF/FF Milk Fruit Juice Bagel with Fruit Filling	27	LF/FF Milk Fruit Juice Turkey Sausage & Biscuit	28	
	Chicken Patty on WW Bun Mashed Sweet Potatoes Chilled Pineapple Tidbits Low Fat/Fat Free Milk		Turkey Soft Taco w/sour cream Corn on the Cob Chilled Peaches (sliced/diced) Low Fat/Fat Free Milk		Grilled Cheese Sandwich Green Beans Chilled Apple Wedges Low Fat/Fat Free Milk		Honey Orange Chicken over Rice California Blend Chilled Mixed Fruit Low Fat/Fat Free Milk		Pupil Holiday
	Snack		Snack		Snack		Snack		Snack
31	LF/FF Milk Fruit Juice French Toast Sticks w/syrup								
	Chicken Nuggets w/dip Corn on the Cob Chilled Orange Wedges Low Fat/Fat Free Milk								
	Snack								

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