

APRIL 2024

YCCAC – Head Start and Early Head Start

ALL Cereals are WIC Approved!

Monday

Breakfast

WG Rice Krispies Cereal with Banana

Lunch

Baked Macaroni & Cheese, Baked Beans, Peas, Applesauce

Snack

Milk, WG Goldfish Crackers

Tuesday

Breakfast

WG Oatmeal, Diced Peaches

Lunch

Sloppy Joe Sliders (Ground Beef), Broccoli/Cauliflower, Mango Cubes

Snack

Cucumber Sandwiches on WG Bread

Wednesday

Breakfast

WG Bagel with Cream Cheese, Pineapple Tidbits

Lunch

Chicken Salad on WG Bread, Sweet Potato Fries, Diced Pears

Early Release

Thursday

Breakfast

Hard Boiled Egg, WG Toast, Orange Smiles

Lunch

Orzo Pasta Salad (broccoli, red pepper, chickpeas) with Turkey and Cheese, Apricot Halves, Cheese Stick

Snack

Milk, Blueberry Muffins

Friday

WG French Toast Sticks, Applesauce

Lunch

Baked Haddock, WG Brown Rice, Peas/Carrots, Pineapple Tidbits

Snack

Carrot Sticks with Cottage Cheese Ranch

Breakfast

WG Cheerios Cereal, Diced Peaches

Lunch

Sun Butter and Sliced Banana on WG Tortilla, Cheese Slice, Sliced Cucumber

Snack

Bell Pepper Strips with Cottage Cheese, Saltine Crackers

Breakfast

Yogurt Parfait with Banana, Strawberries, and Graham Crackers

Lunch

Chop suey (Ground Beef and Pasta), Sautéed Zucchini Coins, Diced Pears

Snack

Milk, WG Goldfish Crackers

Breakfast

WG French Toast Sticks, Applesauce

Lunch

Pork Loin Roast, WG Brown Rice, Peas/Carrots, Pineapple Tidbits

Snack

Carrot Sticks with Cottage Cheese Ranch Dip

Breakfast

Turkey Sausage and Cheese WG Biscuit Sandwich, Mandarin Oranges

Lunch

Chicken Noodle Soup, Ritz Crackers, Tossed Salad, Honeydew Melon

Snack

Milk, Graham Crackers

Breakfast

WG Banana Oat Muffins, Apricot Halves

Lunch

Turkey and Cheese on WG Bread, Carrot Sticks, Sliced Apples, Cheese Stick

Snack

Yogurt with Blueberries and Strawberries

No School

No School

No School

No School

No School

Breakfast

WG Life Cereal, Banana

Lunch

Chicken Nuggets, WG Brown Rice, Broccoli/Cauliflower, Applesauce

Snack

Cucumbers, Cheese Stick

WG French Toast Sticks, Applesauce

Lunch

Baked Haddock, WG Brown Rice, Peas/Carrots, Pineapple Tidbits

Snack

Carrot Sticks with Cottage Cheese Ranch

Breakfast

Yogurt with Strawberries and Toasted Oats

Lunch

Ground Beef Goulash (Beef and Noodles), Steamed Carrots, Pineapple Tidbits

Snack

Ritz Crackers with Hummus

Breakfast

Applesauce Muffins, Mango Cubes

Lunch

Tuna on WG Bread, Sweet Potato Fries, Diced Pears

Snack

Milk, Animal Crackers

Breakfast

Sunshine Tacos on WG Tortilla, Mandarin Oranges

Lunch

BBQ Chicken Sliders, Baked Butternut Squash, Sliced Apples

Snack

Yogurt with Strawberries and Graham Crackers

Breakfast

WG Rice Krispies Cereal with Banana

Lunch

Baked Macaroni & Cheese, Baked Beans, Peas, Applesauce

Snack

Milk, WG Goldfish Crackers

Breakfast

Turkey Sausage and Cheese WG Biscuit Sandwich, Mango Cubes

Lunch

Spaghetti with Meat Sauce, Tossed Salad, Diced Peaches

Snack

Yogurt with Mixed Berries and Graham

Milk is served at all breakfasts and lunches
 Unflavored Whole Milk served to children 12 through 23 months old
 Unflavored Skim Milk served to children over the age of 2 years old
 WG = Whole Grain

This institution is an equal opportunity provider.

