

Head Start Snack Menu 2021-2022

Updated 7/28/2021

Menu subject to change without notice

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	WG Goldfish 1% Milk	WG Animal Crackers Juice	WG Cereal 1% Milk	Apple Slices with Cocoa Dip 1% Milk	Pepperoni Wrap Marinara 1% Milk	
Week 2	Yogurt Cup WG Graham Crackers 1% Milk	WG Apple Cinnamon Muffin 1% Milk	Veggie Blend Ranch Cheese Stick 1% Milk	WG Blueberry or Cinnamon Crisps 1% Milk	Pretzel Nuggets Cheese Dip 1% Milk	
Week 3	Trail Mix Juice	WG Tortilla Chips Salsa 1% Milk	Turkey Cubes WG Crackers 1% Milk	Cheese Cubes WG Pretzels 1% Milk	Fresh Fruit Parfait Cup with Yogurt and Granola 1% Milk	



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USDA is an equal opportunity provider, employer, and lender.

Head Start Menu Rotation 2021-2022

Week 1
Week 2
Week 3
No school



AUGUST							SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							JANUARY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
1	2	3	4	5	6	7				1	2	3	4							1	2		1	2	3	4	5	6				1	2	3	4							1	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8		
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15		
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22		
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29		
														31																					30	31							
FEBRUARY							MARCH							APRIL							MAY							JUNE							JULY								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S		
		1	2	3	4	5			1	2	3	4	5							1	2	1	2	3	4	5	6	7				1	2	3	4							1	2
6	7	8	9	10	11	12	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9		
13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16		
20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23		
27	28						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30			24	25	26	27	28	29	30		
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