

# April

## The Leaguers Inc. Head Start & Early Head Start 2022

### *Breakfast Menu*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Mandarin Orange Cup WG Rice Krispies 1% Milk	Applesauce Cup Chicken Sausage, Egg, & Cheese on a WG EM* 1% Milk	Diced Peach Cup WG Croissant w/ Margarine 1% Milk	Fresh Banana WG Blueberry Pancake Roll w/ Syrup 1% Milk	Fresh Orange Special K Cereal 1% Milk	Fresh Red Apple WG Mini Waffles w/ Syrup 1% Milk	Fresh Orange Special K Cereal 1% Milk
10	11	12	13	14	15	16
Peach Applesauce Cup WG Cinn. Frosted Flakes 1% Milk	Diced Pear Cup Egg & Cheese on a WG Bun 1% Milk	Fresh Golden Apple WG Mini Waffles w/ Syrup 1% Milk	Fresh Banana Kix Cereal 1% Milk	SCHOOL CLOSED Good Friday	SCHOOL CLOSED Good Friday	SCHOOL CLOSED Good Friday
17	18	19	20	21	22	23
SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess
24	25	26	27	28	29	30
Mixed Fruit Cup Kix Cereal 1% Milk	Peach Applesauce Cup WG Mini French Toast Sticks w/ Syrup 1% Milk	Fresh Orange WG Raisin Bread w/ Cream Cheese 1% Milk	Mandarin Orange Cup Chicken Sausage, Egg, & Cheese on a WG EM* 1% Milk	Straw. Applesauce Cup WG Rice Krispies 1% Milk	Straw. Applesauce Cup WG Rice Krispies 1% Milk	Straw. Applesauce Cup WG Rice Krispies 1% Milk

WG = Whole Grain  
EM\* = English Muffin

Age 1 – 2: Whole Cow's Milk  
Age 2 – 5: 1% Cow's Milk

*Chloe Hob*

*Jed*

# April

## The Leaguers Inc. Head Start & Early Head Start 2022

### Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
Grilled Chicken Parmigiana WG Dinner Roll Mixed Vegetables Mixed Fruit Cup 1% Milk	Swedish Turkey Meatballs on a WG Hotdog Roll Collard Greens Fresh Pear 1% Milk	Med. Square Cheese Ravioli w/ Red Sauce & WG Dinner Roll Italian Mixed Vegetables Pineapple Cup 1% Milk	Mexican Beef w/ WG Corn Tortilla Scoops & Cheese Black Beans Straw. Applesauce Cup 1% Milk	Mac & Cheese WG Dinner Roll Cooked Broccoli Florets Applesauce Cup 1% Milk		
10	11	12	13	14	15	16
Flame Broiled Beef Teriyaki Bites WG Bread Oriental Mixed Vegetables Mandarin Orange Cup 1% Milk	Turkey Meatballs w/ Red Sauce on a WG Hot Dog Bun Cooked Baby Carrots Pineapple Cup 1% Milk	Penne w/ Meat Sauce WG Dinner Roll Green Peas Mixed Fruit Cup 1% Milk	Sliced Chicken & Cheese on WG Potato Bun Cucumber Cup w/ Lt. Ranch Fresh Orange 1% Milk	SCHOOL CLOSED Good Friday		
17	18	19	20	21	22	23
SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess		
24	25	26	27	28	29	30
WG Popcorn Chicken WG Bread Cali. Mixed Vegetables Applesauce Cup 1% Milk	Beef Salisbury Steak w/ Gravy Brown Rice Wax Beans Pineapple Cup 1% Milk	Hot Turkey w/ Gravy WG Dinner Roll Mashed Potatoes Green Beans 1% Milk	Sun butter & Jelly on WG Uncrustable Cucumber Cup w/ Lt. Ranch Fresh Pear 1% Milk	Chicken Empanadas Cooked Collard Greens Diced Peach Cup 1% Milk		
					Five Meal Components: Milk, Meat/Meat Alternative, Grain, Vegetable, & Fruit (WG = Whole Grain)	

Age 1 – 2: Whole Cow's Milk  
Age 2 – 5: 1% Cow's Milk

*Beth Nabi*

*JR*

# April

## The Leaguers Inc. Head Start & Early Head Start 2022

### Veggie Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						2
3	4	5	6	7	8	9
Veggie Chicken Parmigiana WG Dinner Roll Mixed Vegetables Mixed Fruit Cup 1% Milk	Swedish Veggie Meatballs on a WG Hotdog Roll Collard Greens Fresh Pear 1% Milk	Med. Square Cheese Ravioli w/ Red Sauce & WG Dinner Roll Italian Mixed Vegetables Pineapple Cup 1% Milk	Veggie Mexican Beef w/ WG Corn Scoops & Cheese Black Beans Straw. Applesauce Cup 1% Milk	Mac & Cheese WG Dinner Roll Cooked Broccoli Florets Applesauce Cup 1% Milk		
10	11	12	13	14	15	16
Mozzarella Sticks WG Dinner Roll Oriental Mixed Vegetables Mandarin Orange Cup 1% Milk	Veggie Meatballs w/ Red Sauce WG Dinner Roll Cooked Baby Carrots Pineapple Cup 1% Milk	Penne w/ Red Sauce WG Dinner Roll Green Peas Fresh Orange 1% Milk	American Cheese on WG Bread Cucumber Cup w/ Lt. Ranch Fresh Orange 1% Milk	SCHOOL CLOSED Good Friday		
17	18	19	20	21	22	23
SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess	SCHOOL CLOSED Spring Recess		
24	25	26	27	28	29	30
WG Veggie Nuggets WG Bread Cali. Mixed Vegetables Applesauce Cup 1% Milk	Mini Cheese Quesadilla Wax Beans Pineapple Cup 1% Milk	Veggie Meatballs w/ Gravy WG Dinner Roll Mashed Potatoes Green Beans 1% Milk	American Cheese on WG Bread Cucumber Cup w/ Lt. Ranch Fresh Pear 1% Milk	Bean & Cheese Burrito Cooked Spinach Diced Peach Cup 1% Milk		

Five Meal Components:

Milk, Meat/Meat Alternative, Grain,  
Vegetable, & Fruit (WG = Whole Grain)

Age 1 – 2: Whole Cow's Milk  
Age 2 – 5: 1% Cow's Milk

Dith Nabi

2022

# April

## The Leaguers Inc. Head Start & Early Head Start 2022

### Snack Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	Simply Cheddar Chex-Mix 100% Apple Juice	5	Mozzarella Cheese Stick WG Crackers Water	6	Mini Pretzels 100% Orange Juice
10	11	WG Vanilla Bear Grahams 100% Grape Juice	12	WG Animal Crackers 100% Apple Juice	13	No Snack Early Dismissal
17	18	SCHOOL CLOSED Spring Recess	19	SCHOOL CLOSED Spring Recess	20	SCHOOL CLOSED Spring Recess
24	25	Mini Pretzels 100% Orange-Tangerine Juice	26	Whole Grain Cheese Goldfish Colors 100% Orange Juice	27	Mozzarella Cheese Stick WG Crackers Water
					28	WG Cinnamon Granola Strawberry Banana Yogurt Water
					29	WG Cinnamon Granola Strawberry Banana Yogurt Water
					30	
						Two of the Five Meal Components: Milk, Meat/Meat Alternative, Grain, Vegetable, & Fruit

Age 1 – 2: Whole Cow's Milk  
Age 2 – 5: 1% Cow's Milk

*Reitha Mahr*

*[Signature]*