

Mt. Hood Community College Head Start and Early Head Start Menu

Sept 12 – Sept 29, 2017

Week (2)	Monday Sept 11	Tuesday Sept 12	Wednesday Sept 13	Thursday Sept 14	Friday Sept 15
Breakfast	No classes	Waffle Applesauce Milk	Rice Krispies Peaches Milk	WW English Muffin w/ Margarine Apple Slices Milk	Banana Muffin Squares Pears Milk
Lunch	No classes	Homemade Vegetable Soup Cheese Slices Saltines Fresh Pear Slices Milk	Chicken Noodle Bake ROASTED CARROTS Honeydew Melon Milk	Tuna Sandwiches On WW Bread Broccoli* w/Ranch Kiwi Milk	BBQ Meatballs Brown Rice TANGY CARROT SALAD Fresh Pineapple Milk
Snack	No classes	Animal Crackers Blueberries	Pretzels Carrot Sticks* w/Ranch	Wheat Crackers Jicama* w/Bean Dip	Cheerios Orange Slices
(3)	Monday Sept 18	Tuesday Sept 19	Wednesday Sept 20	Thursday Sept 21	Friday Sept 22
Breakfast	Rice Krispies Apricots Milk	French Toast Mixed Berries Milk	Corn Flakes Bananas Milk	WW Toast w/Jelly Fresh Pineapple Milk	Cream of Wheat Blueberries Milk
Lunch	Spanish Rice w/Chicken Carrot Sticks Kiwi Milk	Spaghetti & Meatballs Lettuce and Spinach Salad w/ Italian Dressing Apple Slices Milk	Teriyaki Chicken Brown Rice CARROT AND RADISH SALAD Peaches Milk	Beans and Cheese w/WW Tortilla Salsa Lettuce and Tomato Orange Slices Milk	Chicken w/Gravy WW Bread Slice STEAMED CARROT W/BUTTER/PARSLEY Honeydew Melon Milk
Snack	WW Bagel Half w/Cream Cheese Pears Water - FD -> Milk – PD ->	Animal Crackers Applesauce	Bread Stick Broccoli* w/Ranch	Graham Crackers Strawberries	Pumpkin Muffin Sqs. Pears

This institution is an equal opportunity provider. \*blanched for EHS. **Condiment.** **Extra Component.** HARVEST FOR HEALTHY KIDS FEATURED VEGETABLE/FRUIT. V(vegetarian) and DF (dairy free) recipes. Note: No peanut butter or pork served in this menu. Limited fresh, uncooked fruits and vegetables served to children under 18 months old in EHS.

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(4)	Monday Sept 25	Tuesday Sept 26	Wednesday Sept 27	Thursday Sept 28	Friday Sept 29
Breakfast	Bran Flakes Orange Slices Milk	Oatmeal Fresh Pears Milk	WW Bagel w/Cream Cheese Mixed Berries Milk	WW Toast w/Margarine Apple Slices Milk	Blueberry Muffin Sqs. Peaches Milk
Lunch	Grilled Cheese on WW Bread Tomato Soup Zuchinni Slices w/ Cottage Cheese Peaches Milk	Pancakes Scrambled Eggs Applesauce Mixed Melon Milk	Chicken Fettuccini RAINBOW CRUNCH SALAD Mandarin Oranges Milk	Seasoned Chicken and Fajita Vegetables in a Flour Tortilla Orange Slices Milk	Meatballs w/Teriyaki Sauce Brown Rice ROASTED CARROTS Fresh Pineapple Milk
Snack	Cream of Rice Low fat vanilla yogurt Mixed Berries Water – FD -> Milk – PD ->	Goldfish Crackers Broccoli* w/ Ranch	Wheat Crackers Carrot Sticks*	Graham Crackers Apricots	Corn Flakes Bananas

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