






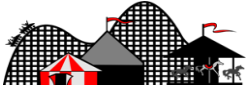
Jamestown Area School District

Head Start Lunch Menu

August-September 2023



Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
21-Aug 	22-Aug	23-Aug 	24-Aug	25-Aug 
28-Aug Nacho Supreme Refried Beans Garden Salad Diced Pears	29-Aug Chicken Sticks Dinner Roll Waffle Fries Peaches	30-Aug General Tso Chicken Rice Pilaf Oriental Veggies Pineapple	31-Aug Cheeseburger on WG Bun & Toppings French Fries Applesauce	1-Sep School Made Italian Dunkers Garden Salad Fruit Variety
4-Sep No School 	5-Sep Deli Sandwich Carrots Fresh Fruit Variety	6-Sep PBJ Uncrustable Cucumbers Fruit Variety	7-Sep Deli Sandwich Baked Chips Fruit Variety	8-Sep Pizza Munchable Vegetable Variety Fruit Variety
11-Sep Chicken Patty on Bun Baked French Fries Lettuce/Tomato/Pickle Pears	12-Sep Walking Taco Refried Beans Toppings Mixed Fruit	13-Sep Chicken Poppers Dinner Roll Mashed Potato/Gravy Green Beans, Peaches	14-Sep Buttered Noodles Marinara, Garlic Bread Garden Salad Mixed Fruit	15-Sep Fiesta Pizza Garden Salad Fruit Variety
18-Sep Turkey & Cheese Sandwich on Bun Four Bean Salad Fruit Variety	19-Sep Nacho Supreme Refried Beans Garden Salad Diced Pears	20-Sep Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Green Beans Peaches	21-Sep Rodeo Burger on WG Bun (BBQ Burger, Cheese, Onion Ring) Baked French Fries Applesauce	22-Sep Pepperoni Pizza Baked French Fries Fruit Variety
25-Sep Macaroni & Cheese Garlic Bread Stick Garden Salad Pears	26-Sep Soft Taco Fruit Churro Cheese, Salsa Fruit Variety	27-Sep Meatball Hoagie Mozzarella Cheese Baked French Fries Applesauce	28-Sep General Tso Chicken Rice Pilaf Oriental Veggies Pineapple	29-Sep Stuffed Crust Cheese Pizza Garden Salad Fruit Variety

This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

Daily Vegetables: Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal



Menu is subject to change related to food availability.

Please Note: This menu meets qualifications per CACFP guidelines.