



# Head Start and Pre-K Counts Breakfast & Snack Menu September 2021



\*Groups with PM Snack will be served breakfast as snack\*

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Sep	2-Sep	3-Sep
		WG Cinnamon Chex Cereal Bowl Juice Cup 1% Milk	WG Banana Muffin Apple Slices 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk
6-Sep	7-Sep	8-Sep	9-Sep	10-Sep
No School	Kix Apple Slices 1% Milk	WG Cinnamon Chex Cereal Bowl Juice Cup 1% Milk	WG Banana Muffin Apple Slices 1% Milk	Yogurt WG Crackers 1/2 Banana 1% Milk
13-Sep	14-Sep	15-Sep	16-Sep	17-Sep
WG Blberry Muffin Juice Cup 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk	WG Cinnamon Chex Cereal Bowl Juice Cup 1% Milk	WG Banana Muffin 1/2 Banana 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk
20-Sep	21-Sep	22-Sep	23-Sep	24-Sep
WG Blberry Muffin Juice Cup 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk	WG Cinnamon Chex Cereal Bowl Juice Cup 1% Milk	WG Banana Muffin 1/2 Banana 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk
27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
WG Apple Muffin Juice Cup 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk	WG Cinnamon Chex Cereal Bowl Juice Cup 1% Milk	WG Banana Muffin 1/2 Banana 1% Milk	Yogurt/WG crackers Apple Slices 1% Milk

*All grains offered are Whole Grains. "WG" indicates whole grain.  
This institution is an equal opportunity provider.*