







Jamestown Area School District

Head Start Lunch Menu

August-September 2022



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
22-Aug 	23-Aug	24-Aug 	25-Aug	26-Aug 
29-Aug Chicken Tenders Pretzel Rod Au Gratin Potato's BBQ Dip	30-Aug Soft Taco & Cheese Rice Pilaf Roasted Black Beans Fruit Filled Churro	31-Aug Cheeseburger on WG bun Oven Baked Fries	1-Sep General Tso Chicken Rice Pilaf Oriental Vegetables Sweet & Sour Dip	2-Sep School Made Pepperoni Roll or Pizza Garden Salad
5-Sep No School 	6-Sep Deli Sandwich Carrots Fresh Fruit Variety	7-Sep PBJ Uncrustable Cucumbers Fruit Variety	8-Sep Deli Sandwich Baked Chips Fruit Variety	9-Sep Pizza Munchable Vegetable Variety Fruit Variety
12-Sep Cheese Ravioli Garlic Bread Stick Marinara Sauce Garden Salad	13-Sep Nacho Supreme Rice Pilaf (9-12) Refried Beans Salsa & Sour Cream	14-Sep Rodeo Burger on Bun (BBQ Burger, Cheese, Onion Ring) Baked French Fries	15-Sep Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Green Beans	16-Sep School Made Italian Dunkers with Marinara Garden Salad
19-Sep Macaroni & Cheese Garlic Bread Stick Broccoli Bites	20-Sep General Tso Chicken Rice Pilaf Oriental Vegetables Sweet & Sour Dip	21-Sep BBQ Pulled Pork on Bun Baked Beans Creamy Cole Slaw	22-Sep Pancake & Sausage on a Stick Hash brown Patty School Made Banana Cake	23-Sep Meatballs & Marinara WG Hot Dog Bun Baked Tater Tots Garden Salad
26-Sep Italian Combo Platter (Breaded Ravioli & Cheese Sticks) Garlic Bread Stick Garden Salad	27-Sep Chicken Fajita on Flour Tortilla Shredded Cheese Black Bean & Corn Salad	28-Sep Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Corn	29-Sep Pasta & Meat Sauce (High: Cheese, Alfredo) Garlic Bread Stick Garden Salad	30-Sep School Made Stromboli or Pizza Baked French Fries

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.