














Jamestown Head Start Classroom

Head Start Lunch Menu

December 2022

Menu is subject to change related to food availability.

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
28-Nov No School 	29-Nov 	30-Nov 	1-Dec Turkey & Gravy Dinner Roll or Biscuit Mashed Potatoes Green Beans Peaches	2-Dec Stuffed Crust Pizza Garden Salad Mixed Fruit 
5-Dec Cheese Ravioli Dinner Roll Garden Salad Fruit Variety	6-Dec Turkey & Cheese on a Bun Baked Lays Chips Fresh Strawberries	7-Dec Rodeo Cheeseburger Lettuce/Tomato/Pickle Tater Tots Baked Beans Applesauce 	8-Dec Chicken Tenders Pretzel Rod Au Gratin Potatoes BBQ Dip Mixed Fruit	9-Dec Meatball Sub Baked French Fries Garden Salad Peaches
12-Dec Max Cheese Sticks Marinara Dip Garden Salad Pears 	13-Dec General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	14-Dec Chicken Patty on WG Bun Baked Chips Applesauce	15-Dec Soft Taco Shredded Cheese Lettuce/Tomato Salsa & Sour Cream	16-Dec Stuffed Crust Cheese Pizza Garden Salad Fruit Variety
19-Dec Cheeseburger Tater Tots Fruit Variety	20-Dec Chicken Nuggets Dinner Roll Au Gratin Potatoes Vegetable Variety	21-Dec Soft Taco Shredded Cheese Lettuce/Tomato Salsa & Sour Cream Pears	22-Dec Pizza Variety Vegetable Variety Fruit Variety	23-Dec No School
26-Dec No School 	27-Dec No School 	28-Dec No School 	No School 	No School 

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



Please Note: This menu meets qualifications per CACFP guidelines.