

COSHOCTON COUNTY HEAD START/EARLY HEAD START

2021-2022 APRIL BREAKFAST-LUNCH-SNACK

HILLTOP/SOUTH LAWN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>BREAKFAST OJ or any other full strength 100% Juice: 1/2 Cup MILK : 3/4 Cup FRUIT: 1/2 Cup CEREAL: 1/3 Cup (Cold) CRACKERS: Varies with cracker type</p>
<p>4</p> <p>Breakfast: Milk/Cereal/ Blueberries</p> <p>Lunch: Shredded Chicken on Whole Wheat Bun * Peas Banana Milk PM Snack: Water/Pears/ Snack Mix (HM)</p>	<p>5</p> <p>Breakfast: Milk/Banana/ Bagel / Cream Cheese</p> <p>Lunch: Johnny Marzetti W/ Beef Cream Corn Mixed Fruit Whole Wheat Bread * Milk PM Snack: Water/ Cheese Chunks/Multi-Grain Crackers (4)</p>	<p>6</p> <p>Breakfast: Milk/Mixed Fruit/ Multi-Grain Crackers (4)</p> <p>Lunch: Cheeseburger on Whole Wheat Bun * Baked Beans Applesauce Milk PM Snack: Graham crackers(4)/ Peaches/Water</p>	<p>7</p> <p>Breakfast: Milk/Hard Boiled Egg/ Strawberries</p> <p>Lunch: Pepperoni Pizza (HM) Cottage Cheese California Blend Baked Apples Milk PM Snack: Water/Ham & Cheese Wrap/WW Tortilla*</p>	<p>8</p> <p>Lunch MEAT: Meat Alternatives 1 1/2 oz: exception: egg (1) VEGETABLE: 1/4 Cup: exceptions: Carrots, Celery, Green Peppers” Strips” etc. FRUIT: 1/4 Cup, Exceptions: Apples, Oranges, Bananas, etc. (1) BREAD: Bread Alternatives: 1/2 Slice: Exceptions: Crescents, Biscuits, etc. (1) MILK: 3/4 Cup</p>
<p>11</p> <p>Breakfast: Milk/Cereal/ Blueberries</p> <p>Lunch: Sausage Gravy over Biscuit /WW Bread Peas Strawberries & Bananas Milk PM Snack: Water/cheese Chunks/Pepperoni/Club Crackers (4)</p>	<p>12</p> <p>Breakfast: Milk/Diced Peaches/ Multi-Grain Crackers (4)</p> <p>Lunch: Macaroni & Cheese with Ham (HM) Lima Beans Cinnamon Applesauce Whole Wheat Bread * Milk PM Snack: Water/Pineapple/ Cottage Cheese</p>	<p>13</p> <p>Breakfast: Milk/ Bagel/Jelly/ Mandarin Oranges</p> <p>Lunch: Chicken Strips (HM) Mashed Potatoes Noodles Strawberries Whole Wheat Bread * Milk PM Snack: Water/Yogurt/Animal Crackers (10)</p>	<p>14</p> <p>Breakfast: Milk/Banana/Cereal</p> <p>Lunch: Soft Taco w/ Meat (HM)* Cream Corn Pineapple Tidbits Milk PM Snack: Apple Juice/ Tortilla Chips/ Cheese Dip</p>	<p>15</p> <p>SNACK: OJ or any other full strength 100% Juice: 1/2 Cup MILK : 1/2 Cup FRUIT: 1/2 Cup CEREAL: 1/3 Cup (Cold) CRACKERS: Varies with cracker type MEAT: Meat Alternative: 1/2 oz.: Exception: Egg (1/2)</p>
<p>18</p> <p>Breakfast: Milk/Cereal/ Mandarin Oranges</p> <p>Lunch: Sloppy Charlie on Whole Wheat Bun* Succotash Applesauce Milk PM Snack: Water/Cheese Chunks/Pretzels</p>	<p>19</p> <p>Breakfast: Milk/Peaches/ Scrambled eggs/1/2 slice Wheat Bread</p> <p>Lunch: Ham, Green Beans & Potatoes (HM) Pineapple Tidbits Whole Wheat Bread * Milk PM Snack: Water/Yogurt/ Blueberries</p>	<p>20</p> <p>Breakfast: Milk/Hard Boiled Egg/ Strawberries</p> <p>Lunch: Pepperoni Pizza (HM) Cottage Cheese California Blend Baked Apples Milk PM Snack: Water/Fruit cup /WW Bread*/Jelly</p>	<p>21</p> <p>Breakfast: Milk/Pears/Goldfish Crackers (10)</p> <p>Lunch: Chili w/ Meat (HM) Mixed Vegetables Strawberries & Bananas Whole Wheat Bread * Milk PM Snack: Water/ Watermel- on /Flipside Crackers (4)</p>	<p>22</p>
<p>25</p> <p>Breakfast: Milk/Cereal/ Blueberries</p> <p>Lunch: Ham & Cheese Sandwich on WW Bun * Peas Strawberries Milk PM Snack: Water/Peaches /Ritz Crackers(4)</p>	<p>26</p> <p>Breakfast: English Muffins/Jelly/ Fruit cup/Milk</p> <p>Lunch: Chicken Noodle Soup (HM) Cooked Carrots Pineapple Tidbits Whole Wheat Bread * Milk PM Snack: Juice/Cheese Sauce/ Tortilla</p>	<p>27</p> <p>Breakfast: Milk/Pears/Cheese-its (10)</p> <p>Lunch: Salisbury Steak/Gravy Mashed Potatoes Applesauce Whole Wheat Bread * Milk PM Snack: Yogurt/Animal Crack- ers (10)/Water</p>	<p>28</p> <p>Teacher’s Inservice No School</p>	<p>29</p> <p>This institution is an equal opportunity provider</p>