**April 2024 Klamath Family Head Start Menu**

**Duration Classes**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **B:** WG French Toast Sticks Applesauce  Milk  **L:** WG Chicken Nuggets  Mixed Veggies (Frozen)  Diced Pears in juice  Milk | **2** | **B:** Scrambled Eggs  WW Toast  Milk  **L:** Bean & Cheese Burrito on WG Tortilla, Baby Carrots  Pineapple Rings in juice  Milk | **3** | **B:** WG Overnight Oats and Berries  Milk  **L:** Spaghetti (Beef & WG Pasta) Green Salad w/Ranch, Sliced Oranges  Milk | **4** | **B:** WG Life Cereal  Banana  Milk  **L:**  Egg Salad w/Saltine Crackers, Sliced Cucumbers, Sliced Apples  Milk | **5** |  |
| **8** | **B:** Malt o Meal  Strawberries  Milk  **L:** Tuna Salad w/Saltine Crackers, Baby Carrots  Sliced Oranges  Milk | **9** | **B:** WG Cheerios  Banana  Milk  **L:** Cheeseburgers on WW Bun, Tater Tots  Fresh Sliced Apples  Milk | **10** | **B:** WG Blueberry Pancakes  Applesauce  Milk  **L:** BBQPulled Pork, Green Beans, WG Dinner Roll  Diced Peaches in juice  Milk | **11** | **B:** WG Cinnamon Toast  Sliced Oranges  Milk  **L:** Asian Chicken Wraps  (Lettuce, Cabbage. Carrots) on WG Tortilla, Grapes  Milk | **12** |  |
| **15** | **B:**  Berry Blast Off Parfait  WG Granola  Milk  **L:** BBQ Chicken Sandwich on WG Bun  Corn (Frozen)  Mandarins in juice, Milk | **16** | **B:**  Breakfast Burritos on WG Tortillas, Grapes  Milk  **L:** Mac & Cheese w/WG Pasta, Broccoli w/ Ranch  Diced Peaches in juice  Milk | **17** | **B:** WG Overnight Oats and Berries  Milk  **L:** Beef Tacos on WG Tortilla, Lettuce, Tomato  Sliced Apples  Milk | **18** | **B:**  WG Life Cereal  Banana  Milk  **L:** Chicken & Dumplings  Roasted Asparagus  Diced Pears in juice  Milk | **19** |  |
| **22** | **B:** WG Shredded Wheat Cereal, Banana  Milk  **L:** WG Fish Sticks  Green Beans  Tropical Fruit in juice  Milk | **23** | **B:** WG Pancakes  Applesauce  Milk  **L:**  WG English Muffin Cheese Pizza, Sliced Cucumber, Mandarins in juice, Milk | **24** | **B:** Scrambled Eggs  Hash Browns  Milk  **L:** Chef Salad W/Ham, Cheese, HB Egg, Saltine Crackers, Grapes  Milk | **25** | **B:** Banana WG Muffin  Pineapple Tidbits in juice  Milk  **L:** WG Chicken Parmesan, Steamed Broccoli, Diced Peaches in juice  Milk | **26** |  |
| **29** | **B:** WG Cinnamon Toast  Sliced Oranges  Milk  **L:** Hawaiian Chicken Wraps  On WG Tortilla, Broccoli Slaw & Spinach in Wrap, Tropical Fruit in juice, Milk | **30** | **B:** Banana Bobs w/Strawberry Yogurt & WG Granola, Milk  **L:** Beef Stroganoff w/WG Pasta, Mixed Veggies  Mandarins in juice  Milk |  |  |  |  |  |  |

**\*This Institution is an Equal Opportunity Provider. Menu is subject to change.**

**\*1% Unflavored Milk served to children Age 2 or older \*Unflavored Whole Milk served to children Age 12 months-23 months**

**Snack**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | WG Graham Crackers  Milk | **2** | Dill Pickles  String Cheese  Water | **3** | Diced Peaches in juice  Cottage Cheese  Water | **4** | Animal Crackers  Strawberry Yogurt  Water | **5** |  |
| **8** | WG Graham Crackers  Milk | **9** | Deviled Eggs  WG Goldfish Crackers  Water | **10** | WG Animal Crackers  Sliced Banana  Water | **11** | Dill Pickles  String Cheese  Water | **12** |  |
| **15** | WG Graham Crackers  Milk | **16** | Celery & Peanut Butter  Raisins  Water | **17** | WG Animal Crackers  Strawberry Yogurt  Water | **18** | Hard Boiled egg  String Cheese  Water | **19** |  |
| **22** | WG Graham Crackers  Milk | **23** | Roasted Chickpeas  Sliced Apples  Water | **24** | Dill Pickles  String Cheese  Water | **25** | WG Goldfish Crackers  Cottage Cheese  Water | **26** |  |
| **29** | WG Graham Crackers  Milk | **30** | Celery & Peanut Butter  Raisins  Water |  |  |  |  |  |  |

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