**April 2024 Klamath Family Head Start Menu**

**Duration Classes**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **B:** WG French Toast Sticks ApplesauceMilk**L:** WG Chicken NuggetsMixed Veggies (Frozen)Diced Pears in juiceMilk | **2** | **B:** Scrambled EggsWW ToastMilk**L:** Bean & Cheese Burrito on WG Tortilla, Baby CarrotsPineapple Rings in juiceMilk | **3** | **B:** WG Overnight Oats and BerriesMilk**L:** Spaghetti (Beef & WG Pasta) Green Salad w/Ranch, Sliced OrangesMilk | **4** | **B:** WG Life CerealBananaMilk**L:**  Egg Salad w/Saltine Crackers, Sliced Cucumbers, Sliced Apples Milk | **5** |  |
| **8** | **B:** Malt o MealStrawberriesMilk**L:** Tuna Salad w/Saltine Crackers, Baby CarrotsSliced OrangesMilk | **9** | **B:** WG CheeriosBananaMilk**L:** Cheeseburgers on WW Bun, Tater TotsFresh Sliced ApplesMilk | **10** | **B:** WG Blueberry PancakesApplesauceMilk**L:** BBQPulled Pork, Green Beans, WG Dinner RollDiced Peaches in juice Milk | **11** | **B:** WG Cinnamon ToastSliced OrangesMilk**L:** Asian Chicken Wraps(Lettuce, Cabbage. Carrots) on WG Tortilla, GrapesMilk | **12** |   |
| **15** | **B:**  Berry Blast Off ParfaitWG GranolaMilk**L:** BBQ Chicken Sandwich on WG BunCorn (Frozen)Mandarins in juice, Milk | **16** | **B:**  Breakfast Burritos on WG Tortillas, GrapesMilk**L:** Mac & Cheese w/WG Pasta, Broccoli w/ RanchDiced Peaches in juiceMilk | **17** | **B:** WG Overnight Oats and Berries Milk**L:** Beef Tacos on WG Tortilla, Lettuce, TomatoSliced ApplesMilk | **18** | **B:**  WG Life CerealBanana Milk**L:** Chicken & DumplingsRoasted Asparagus Diced Pears in juiceMilk | **19** |  |
| **22** | **B:** WG Shredded Wheat Cereal, BananaMilk**L:** WG Fish SticksGreen BeansTropical Fruit in juiceMilk | **23** | **B:** WG PancakesApplesauceMilk**L:**  WG English Muffin Cheese Pizza, Sliced Cucumber, Mandarins in juice, Milk | **24** | **B:** Scrambled EggsHash BrownsMilk**L:** Chef Salad W/Ham, Cheese, HB Egg, Saltine Crackers, GrapesMilk | **25** | **B:** Banana WG MuffinPineapple Tidbits in juiceMilk**L:** WG Chicken Parmesan, Steamed Broccoli, Diced Peaches in juice Milk | **26** |  |
| **29** | **B:** WG Cinnamon Toast Sliced OrangesMilk**L:** Hawaiian Chicken WrapsOn 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 juiceMilk |  |  |  |  |  |  |

**\*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 CrackersMilk | **2** | Dill PicklesString CheeseWater | **3** | Diced Peaches in juiceCottage CheeseWater | **4** | Animal CrackersStrawberry YogurtWater | **5** |   |
| **8** | WG Graham CrackersMilk | **9** | Deviled EggsWG Goldfish CrackersWater | **10** | WG Animal CrackersSliced BananaWater  | **11** | Dill PicklesString CheeseWater | **12** |  |
| **15** | WG Graham CrackersMilk | **16** | Celery & Peanut ButterRaisins Water | **17** | WG Animal CrackersStrawberry YogurtWater | **18** | Hard Boiled eggString CheeseWater  | **19** |  |
| **22** | WG Graham CrackersMilk | **23** | Roasted ChickpeasSliced ApplesWater | **24** | Dill PicklesString CheeseWater | **25** | WG Goldfish CrackersCottage CheeseWater | **26** |  |
| **29** | WG Graham CrackersMilk | **30** | Celery & Peanut ButterRaisinsWater |  |  |  |  |  |  |

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