

September 2026

Head Start Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Portion Sizes Lunch: Grains – 1/2oz equivalents Fruit & Vegetable – ¼ cup each Meat/Meat Alt – 1.5oz Milk – ¾ cup ----- May serve 1 fruit and 1 veg or 2 veg to equal ½ cup ----- *Menu is subject to change *Medically indicated substitutions will be made upon completion of Medical Plan on Action *All milk is 1% unflavored milk *Water is available at all meals and throughout the day *Peanut and Tree nut free kitchen/facility *USDA is an equal opportunity provider, employer, and lender *USDA prohibits discrimination *CN labels available unless noted
	1 Sausage Patty French Toast Stick Mixed Vegetables Mandarin Oranges Milk	2 Breaded Fish Sticks Green Beans Orange Slices Milk	3 Chicken Fajita, Cheese WG Shell Steamed Broccoli Pineapple Milk	4 No School	
7 Labor Day No School	8 No School	9 Breaded Chicken Tenders Steamed Carrots Banana Milk	10 WG Spaghetti Sauce w/meat Shredded Cheese Green Beans Peaches Milk	11 Salisbury Steak Bread/Margarine Steamed Corn Pears Milk	
14 Hamburger Cheese slice WG Bun Mixed Vegetables Mandarin Oranges Milk	15 WG Breaded Popcorn Chicken Bread/Margarine Baked Beans Pineapple Milk	16 Egg Cheese Omelet WG Mini Pancake Sweet Potato Tots Apple Slices Milk	17 Mini Pepperoni Pizza Steamed Broccoli Applesauce Milk	18 No School	
21 WG Breaded Chicken Fries Green Beans Pears Milk	22 Tangerine Chicken Vegetable Fried Rice Mandarin Oranges Milk	23 WG Macaroni & Cheese Baked Beans Apple Slices Milk	24 Pizza Crunchers Steamed Corn Pineapple Milk	25 No School	
28 WG Breaded Popcorn Chicken Cornbread Steamed Peas Peaches Milk	29 Sausage Patty French Toast Stick Mixed Vegetables Pears Milk	30 Breaded Fish Nuggets Green Beans Orange Slices Milk			

Breakfast Rockford PY 26-27

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Cinnamon Toast Crunch Cereal Bowl Applesauce 1/2c 2% Milk	2 Trix Cereal Bowl Peaches Fruit Cup 2% Milk	3 Raisin Bran Cereal Bowl Diced Pears 1/2c 2% Milk	4 No School
7 Labor Day	8 No School	9 Blueberry Mini Loaf (1) Pineapple Tidbits 2% Milk	10 Frosted Mini Wheats Diced Pears 1/2c 2% Milk	11 Raisin Bran Cereal Bowl Applesauce 1/2c 2% Milk
14 Cinnamon Toast Crunch Cereal Bowl Peaches Fruit Cup 2% Milk	15 Blueberry Chex Cereal Bowl Diced Pears 1/2c 2% Milk	16 Frosted Mini Wheats Cereal Bowl Mandarin Oranges 1/2c 2% Milk	17 Cinnamon Chex Cereal Bowl Apple Slices 2% Milk	18 No School
21 WG Cheerios Cereal Bowl Pineapple Fruit Cup 2% Milk	22 Cinnamon Toast Crunch Cereal Bowl Applesauce 1/2c 2% Milk	23 Kix Cereal Bowl Apple Slices 2% Milk	24 Blueberry Mini Loaf (1) Peaches Fruit Cup 2% Milk	25 No School
28 Cinnamon Chex Cereal Bowl Applesauce 1/2c 2% Milk	29 WG Cinnamon Muffin (1) Peaches Fruit Cup 2% Milk	30 Frosted Mini Wheats Diced Pears 1/2c 2% Milk		

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Snack Rockford PY 26-27

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Grape Juice Box Cinnamon Teddy Grahams Water	2 Blueberry Lemon Soft Baked Bar 2% Milk Water	3 Strawberry Kiwi Juice Box Tiny Twist Pretzels Water	4 No School
7 Labor Day	8 No School	9 Cherry Cocoa Soft Baked Bar 2% Milk Water	10 Apple Juice Box WG Cheez-It Crackers Water	11 Mini Bites Blueberry Vanilla Bites 2% Milk Water
14 Grape Juice Box WG Goldfish Crackers Water	15 Blueberry Lemon Soft Baked Bar 2% Milk Water	16 Strawberry Kiwi Juice Box Tiny Twist Pretzels Water	17 Harvest Cheddar SunChips 2% Milk Water	18 No School
21 Cinnamon Teddy Grahams 2% Milk Water	22 Cherry Cocoa Soft Baked Bar 2% Milk Water	23 Apple Juice Box Water Cheese Stick (1)	24 Cran/Raspberry Juice Box Tiny Twist Pretzels Water	25 No School
28 Tostitos Crispy Round Tortilla Chips 2% Milk Water	29 Chocolate Chip Oatmeal Bar 2% Milk Water	30 Blueberry Lemon Soft Baked Bar 2% Milk Water		

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