

September 2025

~All milk served is unflavored 1%~

Adams County Head Start Menu

~Our Centers Participate in a USDA Funded Program and is an Equal Opportunity Provider and Employer~

Mon	Tue	Wed	Thu	Fri
1 HOLIDAY Red Dot contains EGG Green Dot contains DAIRY	2 WG Cereal, Mandarin Oranges & 1% Milk WG Spaghetti & Meat (Ground Turkey) Sauce, Sauteed Summer Squash, Fresh Kiwi & 1% Milk Greek Vanilla Yogurt and Homemade Granola	3 WG Blueberry Bread•, Peaches& 1% Milk Beef Sloppy Joes, WG Bun, Roasted Red Potatoes, Pineapple & 1% Milk Carrot Sticks w/ Ranch Dressing• & WG Wheat thins	4 French Toast Sticks• w/Syrup, Cuties (Oranges) & 1% Milk Homemade Chicken Tenders•, BBQ Baked Beans, WG Rolls, Romaine Salad w/Ranch Dressing• & 1% Milk “Make a face snack” use sun butter spread on the tortilla, use sliced banana for mouth and raisins for the eyes”	5 WG Pancakes with Syrup, Mangoes & 1% Milk Lunchables with Sliced Turkey, American Cheese, WG crackers, Carrot sticks w/ Ranch Dressing•, Sliced Pears & 1% Milk WG Pretzel Goldfish & Mandarin Oranges
8 WG Cereal & Cinnamon Applesauce & 1% Milk WG Mac & Cheese, Steamed Broccoli, Fruit Cocktail & 1% Milk String Cheese & Orange Wedges	9 Greek Vanilla Yogurt, Homemade Granola, Mandarin Oranges & 1% Milk Chicken Fried Rice, Steamed Carrots, Pears & 1% Milk Apple Wedges and WG Graham Crackers	10 WG Strawberry Bread•, Peaches & 1% Milk Roast Turkey & Gravy/WG Cornbread•, Mashed Potatoes, Fresh Pineapple & 1% Milk Cucumber Sticks w/Ranch Dressing• & WG Triscuits Crackers	11 WG Waffles• w/Syrup, Cuties (Oranges) & 1% Milk Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Green Beans & 1% Milk Banana and Greek Vanilla Yogurt	12 NO SCHOOL
15 WG Cereal & Pears & 1% Milk Chicken Taco Meat, Lettuce & Tomato, Crispy Taco Shell, Shredded Cheese, Salsa, Refried Beans, Mangoes & 1% Milk Cheese Cubes & Orange Wedges	16 WG English Muffin, Egg Patty•, Sliced Cheese, Fruit Cocktail & 1% Milk Chicken Pozole, Tortilla Chips, Shredded Lettuce (for topping), Sliced Cucumbers, Pineapple & 1% Milk Greek Vanilla Yogurt and Homemade Granola	17 WG Banana Bread•, Peaches & 1% Milk Hamburgers, WG Bun, Lettuce & Tomato, Corn on the Cob, Fresh Kiwi & 1% Milk Carrot Sticks w/Ranch Dressing• & WG Cheez-Its	18 French Toast Sticks• w/ Syrup, Bananas & 1% Milk Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Peaches & 1% Milk Fruit Pizza (Plain WG crackers with strawberry cream cheese; topped with blueberries and diced strawberries .	19 WG English Muffin, Egg Patty, •, Sliced Cheese, Mangoes & 1% Milk Chicken Salad, Ritz Crackers, Cucumber Sticks w/Ranch Dressing•, Pears & 1% Milk WG Cheddar Goldfish & Mandarin Oranges
22 WG Cereal, Fruit Cocktail & 1% Milk Turkey Picadillo, Tortilla Chips, Steamed Corn, Mangoes & 1% Milk String Cheese and Orange wedges	23 Biscuit•, Egg Patty•, Sliced Cheese, Applesauce & 1% Milk Beef and Cheese Taquitos, Salsa, Refried Beans, Pears & 1% Milk WG Wheat Thins crackers and Hummus	24 WG Oatmeal Muffin Bread•, Peaches & 1% Milk Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing•, Pineapple & 1% Milk Apple Wedges and WG Graham Crackers	25 WG Pancake• w/Syrup, Cuties (Oranges) & 1% Milk “Burrito Bowl” Seasoned Chicken, Black Bean, Mexicali Corn, WG Tortilla Chips, Shredded Cheese, Tomatoes and Lettuce & 1% Milk Banana, and Greek Vanilla Yogurt	26 NO SCHOOL