**September-October 2026**

*~All milk served is unflavored 1%~*

# Adams County Head Start Menu

**Meal guidelines and Reminders:**

- **Outside Food and beverages are not permitted on site**
- **All meals provided must be consumed at school and cannot be taken home**

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| **28**<br>WG Cereal & fruits & 1% Milk<br>Chicken Pita, Mediterranean Salad, Fruits & 1% Milk<br>String Cheese & WG Crackers | **29**<br>WG Tortilla, Scrambled Eggs•, Shredded Cheese, Salsa, Fruits & 1% Milk<br>WG Spaghetti & Meat (Ground Turkey) Sauce, Dinner Roll, Romaine Salad w/Ranch Dressing• , Fruits& 1% Milk<br>Greek Vanilla Yogurt and Homemade Granola | **30**<br>WG Blueberry Bread•, Fruits & 1% Milk<br>Green Pozole, Tortilla Chips, Shredded Cabbage and lime wedges (for topping), Sliced Cucumbers, Fruits 1% Milk<br>Carrots Sticks w/Ranch Dressing• & WG Crackers | **Oct 1** WG Croissants, Egg Patty, •, Sliced Cheese, Fruits & 1% Milk<br>"Special Pizza Day" w/WG Crust, Romaine Salad w/Italian Dressing, Fruits & 1% Milk<br>"Make a face snack" use sun butter spread on the tortilla, use sliced banana for mouth and raisins for the eyes" | **2**<br>WG Pancakes with Syrup, Fruits & 1% Milk<br>Lunchables with Sliced Turkey, American Cheese, WG crackers, Carrot sticks w/ Ranch Dressing•, Fruits & 1% Milk<br>WG Pretzel Goldfish & Fruits |
| **5**<br>**HOLIDAY**<br>**Red Dot contains EGG**<br>**Green Dot contains DAIRY** | **6** WG Cereal , Fruits & 1% Milk<br>Chicken Fried Rice, sliced cucumber with Ranch Dressing•, Fruits & 1% Milk<br>Greek Vanilla Yogurt and Homemade Granola | **7** WG Strawberry Bread•, Fruits & 1% Milk<br>Roast Turkey & Gravy/WG Cornbread•, Mashed Potatoes, Fruits & 1% Milk<br>Carrots Sticks w/ Ranch Dressing• & WG Crackers | **8** WG Waffles• w/Syrup, Fruits & 1% Milk<br>Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Green Beans & 1% Milk<br>Fruits and Graham Crackers | **9**<br>**NO SCHOOL** |
| **12**<br>WG Cereal & Fruits& 1% Milk<br>WG Mac & Cheese, Steamed Broccoli, Fruits & 1% Milk<br>String Cheese & WG Crackers | **13**<br>Greek Vanilla Yogurt, Homemade Granola, Fruits & 1% Milk<br>Red Pozole, Tortilla Chips, Shredded Cabbage and lime wedges (for topping), Sliced Cucumbers, Fruits & 1% Milk<br>Fruits and WG Graham Crackers | **14**<br>WG Banana Bread•, Fruits & 1% Milk<br>Hamburgers, WG Bun, Lettuce & Tomato, Corn on the Cob, Fruits & 1% Milk<br>Carrot Sticks w/Ranch Dressing• & WG Crackers | **15**<br>French Toast Sticks• w/ Syrup, Fruits & 1% Milk<br>Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Fruits & 1% Milk<br>"Ants on a log" Snack<br>Celery sticks, Sun Butter and raisins and WG Crackers | **16**<br>WG Croissants, Egg Patty, •, Sliced Cheese, Fruits & 1% Milk<br>Sun butter and jelly sandwiches, String Cheese, Cucumber Sticks w/Ranch Dressing•, Fruits & 1% Milk<br>WG Cheddar Goldfish & Fruits |
| **19**<br>WG Cereal, Fruits & Milk<br>"Burrito Bowl" Seasoned Chicken, Black Bean, Mexicali Corn, WG Tortilla Chips, Shredded Cheese, Tomatoes and Lettuce & 1% Milk<br>Cheddar Slices and WG Crackers | **20**<br>Biscuit•, Egg Patty•, Sliced Cheese, Fruits & 1% Milk<br>Chicken Noodle Soup, Dinner Roll, sliced cucumbers w/ Ranch Dressing•, Fruits & 1% Milk<br>Fruits and WG Graham Crackers | **21**<br>WG Oatmeal Muffin Bread•, Fruits & 1% Milk<br>Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing•, Fruits & 1% Milk<br>Greek Vanilla Yogurt and Homemade Granola | **22**<br>WG Pancake• w/Syrup, Fruits & 1% Milk<br>Meatloaf•, Mashed Potatoes and gravy, Steamed Green Beans, Fruits & 1% Milk<br>Carrot Sticks w/Ranch Dressing• & WG Crackers | **23**<br>**NO SCHOOL** |