

September 2026

~All milk served is unflavored 1%~

Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
31 WG Cereal, fruits & 1% Milk Chicken Taco Meat, Lettuce & Tomato, Crispy Taco Shell, Shredded Cheese, Salsa, Refried Beans, Fruits & 1% Milk Cheddar Cubes & WG Crackers	1 WG Tortilla, Scrambled Eggs, Shredded Cheese, Salsa, Fruits & 1% Milk WG Spaghetti & Meat (Ground Turkey) Sauce, Dinner Roll, Romaine Salad w/Ranch Dressing, Fruits & 1% Milk Greek Vanilla Yogurt and Homemade Granola	2 WG Blueberry Bread, Fruits & 1% Milk Green Pozole, Tortilla Chips, Shredded Cabbage and lime wedges (for topping), Sliced Cucumbers, Fruits 1% Milk Carrots Sticks w/Ranch Dressing & WG Crackers	3 Arroz con Leche, Fruits & 1% Milk "Special Pizza Day" w/WG Crust, Romaine Salad w/Italian Dressing, Fruits & 1% Milk "Make a face snack" use sun butter spread on the tortilla, use sliced banana for mouth and raisins for the eyes"	4 WG Waffles w/Syrup, Fruits & 1% Milk Club Sandwich, Celery Sticks with Ranch Dressing, Fruits & 1% Milk Fruits and Graham Crackers
7 HOLIDAY Red Dot contains EGG Green Dot contains DAIRY	8 WG Croissants, Egg Patty, Sliced Cheese, Fruits & 1% Milk Chicken Fried Rice, sliced cucumber with Ranch Dressing, Fruits & 1% Milk Greek Vanilla Yogurt and Homemade Granola	9 WG Strawberry Bread, Fruits & 1% Milk Roast Turkey & Gravy/WG Cornbread, Mashed Potatoes, Fruits & 1% Milk Carrots Sticks w/ Ranch Dressing & WG Crackers	10 WG Waffles w/Syrup, Fruits & 1% Milk Beef Lasagna, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Green Beans & 1% Milk Fruits and Graham Crackers	11 NO SCHOOL
14 WG Cereal & Fruits & 1% Milk WG Mac & Cheese, Steamed Broccoli, Fruits & 1% Milk String Cheese & WG Crackers	15 Greek Vanilla Yogurt, Homemade Granola, Fruits & 1% Milk Chicken Pozole, Tortilla Chips, Shredded Cabbage and lime wedges (for topping), Sliced Cucumbers, Fruits & 1% Milk Fruits and WG Graham Crackers	16 WG Banana Bread, Fruits & 1% Milk Hamburgers, WG Bun, Lettuce & Tomato, Corn on the Cob, Fruits & 1% Milk Carrot Sticks w/Ranch Dressing & WG Crackers	17 French Toast Sticks w/ Syrup, Fruits & 1% Milk Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Fruits & 1% Milk "Ants on a log" Snack Celery sticks, Sun Butter and raisins and WG Crackers	18 Arroz con Leche, Fruits & 1% Milk " Chef's Special" Fruits and WG crackers
21 WG Cereal, Fruits & Milk "Burrito Bowl" Seasoned Chicken, Black Bean, Mexicali Corn, WG Tortilla Chips, Shredded Cheese, Tomatoes and Lettuce & 1% Milk Cheddar Slices and WG Crackers	22 Biscuit, Egg Patty, Sliced Cheese, Fruits & 1% Milk Chicken Noodle Soup, Dinner Roll, sliced cucumbers w/ Ranch Dressing, Fruits & 1% Milk Fruits and WG Graham Crackers	23 WG Oatmeal Muffin Bread, Fruits & 1% Milk Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing, Fruits & 1% Milk Greek Vanilla Yogurt and Homemade Granola	24 WG Pancake w/Syrup, Fruits & 1% Milk Meatloaf, Mashed Potatoes and gravy, Steamed Green Beans, Fruits & 1% Milk Carrot Sticks w/Ranch Dressing & WG Crackers	25 NO SCHOOL