



ISLETA EARLY HEAD START/HEADSTART MENU - YEAR 2023/2024

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 15, 2024	January 16, 2024	January 17, 2024	January 18, 2024	January 19, 2024
Breakfast		Milk*	Milk*	Milk*	Milk*
		Cereal- Cheerios	French Toast /WG	WW/Biscuit & Gravy	Tatar tot Casserole/Turkey sausage & cheese
		Banana	Strawberry	Kiwi	WW Pita
					Fruit Juice 100%
AM Snack		Yogurt Parfait/Fruit	Apple sauce	Chez its	Fruit Muffin
		Crushed Cornflakes/Granola (ICN)	Goldfish Pretzels	Apple Slice	Milk
Lunch		Milk*	Milk*	Milk*	Milk*
		Turkey & Cheese W/W Bun	WW/ Taco Pizza W/ Hamburger Meat, cheese	WW/Tortilla Bean & Cheese Burrito	Cheese Burger/ WW/Bun
		Broccoli	Shredded Lettuce/ Diced tomato	Squash/Corn	Lettuce/ Tomato/Pickles
		Clementine/Orange	Pear	Tropical fruit	Sweet Potato waffle fries
					Fruit cocktail
PM Snack		W/G Soft Pretzel	Milk	Carrots	Banana
		Cheese Slice	Graham Crackers	Cheese Bread	WW Cinnamon Toast
	January 22, 2024	January 23, 2024	January 24, 2024	January 25, 2024	January 26, 2024
Breakfast	*Milk Biscuit & Gravy Orange	Milk* Steel Cut Oat Meal Blueberry	Milk* W/G Waffles Mixed berries	Milk* Cereal- Rice Krispy's Banana	Milk* W/G Pancakes Turkey Sausage Patty Fruit Juice 100%
AM Snack	Chez its Apple slice	WW Tortilla Wrap W/Sunflower/WOW butter/Banana (Sushi Roll)	Yogurt Trail Mix – Cereal	Cucumber w/Ranch Soft pretzel bites	Avocado WW Toast Tomato
Lunch	*Milk WW Tortilla Beef & Bean Burrito Corn Tropical fruit	Milk* Grilled Cheese W/W Bread Tomato Soup (HM) Peach	Milk* Poutine/Fries, gravy Chicken, cheese Curd W/W Naan Pear	Milk*Travel Turkey	Milk* Traditional Chicken and Brn Rice Carrots Indian Bread Strawberry
PM Snack	Cheese Bread/WW	Celery Sticks Capri Sun 100%	Snap Chats Milk	Apple sauce Muffin	Banana Graham Crackers
	January 29, 2024	January 30, 2024	January 31, 2024		
Breakfast	*Milk Biscuit & Gravy Orange	Milk* Steel Cut Oat Meal Blueberry	Milk* W/G Waffles Mixed berries		
AM Snack	Chez its Apple slice	WW Tortilla Wrap W/Sunflower/WOW butter/Banana (Sushi Roll)	Yogurt Trail Mix – Cereal		
Lunch	*Milk WW Tortilla Beef & Bean Burrito Corn Tropical fruit	Milk* Grilled Cheese W/W Bread Tomato Soup (HM) Peach	Milk* Poutine/Fries, gravy Chicken, cheese Curd W/W Naan Pear		
PM Snack	Cheese Bread/WW	Celery Sticks Capri Sun 100%	Snap Chats Milk		

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				February 1, 2024	February 2, 2024	
Breakfast				Milk*	Hard Boiled Egg	
AM Snack				W/G French Toast Sticks/ SF Syrup	W/W Toast	
Lunch				Peach	Fruit Juice 100%	
PM Snack				Cheese Sticks	W/G pretzel	
	February 5, 2024	February 6, 2024	February 7, 2024	February 8, 2024	February 9, 2024	
Breakfast	Milk* Egg & Cheese w/Mushrooms W/W Tortilla Grapefruit	Milk* W/G Waffles/Light syrup Mixed Berry	Milk* Cereal- Life Banana	Milk* Breakfast Pizza/W/W crust Turkey Sausage Apple	Milk* W/W English Muffin sandwich Egg/Canadian bacon Fruit Juice 100%	
AM Snack	Banana Sunflower butter	Jicama Muffin	Yogurt Mixed Berry	Turkey roll Bell Peppers	Cheesy Toast/W/W Zucchini Stripes	
Lunch	Milk* Beef Red Enchiladas/Corn tortilla Lettuce/Tomato Green Beans Pineapple	Milk* BBQ Pork Sandwich W/W Bun Cole Slaw Apricots	Milk* Shredded Chicken Soft Tacos/W/W Tortilla Lettuce /Tomato Pinto Beans Oranges	Milk* Ham & Cheese W/W Hoagie Lettuce/tomato Celery/Carrots Strawberry	Milk*Traditional W/WMacaroni Soup Grnd Beef, Tomato, Squash Indian Bread Apple	
PM Snack	Carrot kiwi	Cereal –Trail Mix Capri Sun 100%	Fruit Muffin/WG Apple Sauce	Cereal- Kix Milk	Yogurt Pineapple	
	February 12, 2024	February 13, 2024	February 14, 2024	February 15, 2024	February 16, 2024	
Breakfast	Milk* Hardboiled egg w/Toast Grapefruit	Milk* Steel Cut Oatmeal Mango	Milk* W/G Pancakes/Light Syrup Mixed Berry	Milk* Cereal-Kix Banana	Milk* Eggs, W/W Biscuit Fruit Juice 100%	
AM Snack	Sweet Potato Waffle Fries Apple Sauce	Fruit Muffin/WG Jicama Sticks	Yogurt Graham Crackers	Stuffed Cheese W/W Breadstick Squash sticks	Cucumbers/Ranch W/W/ Crackers	
Lunch	Milk* Chicken Parmesan/Tomato sauce Tossed Salad/Cucumbers W/W Bread Stick Peach	Milk*(Fat Tuesday) Jambalaya /Rice Maque Choux(Corn) Orange	Milk*(Ash Wednesday) Cheese/ corn Tortilla/enchiladas Lettuce/Tomato Beans Pineapple	Milk* Pork chops/cutlets Tri-color Potatoes W/W/Roll Baked Apple	Milk* Fish Nuggets Fries W/W Roll Berry	
PM Snack	Pumpkin Bread W/G Orange	Banana Sunflower Butter	W/W Breadstick /Apple Filling Milk	Cracker/Trail Mix Tomato	Banana Graham Crackers	
	February 19, 2024	February 20, 2024	February 21, 2024	February 22, 2024	February 23, 2024	
Breakfast			Milk* W/G Bagel W/Cream Cheese Tropical Fruit	Milk* W/W Biscuits L/S Jelly Kiwi	Milk* Cereal-Cornflakes Banana	
AM Snack			Soft Pretzel Cheese Square	Pear Crisp /Oat topping Milk	WG Fruit Muffin Yogurt	Raisin Bread Apple sauce
Lunch			Milk* Turkey Pie, corn , Green Beans, Peas, Carrots, Potato, Puff Pastry/Crust W/W crackers Pears	Milk* Beef Stroganoff W/W Noodles, Mushrooms Asparagus Mangos	Milk*Travel Portugal	Milk* Tuscan White Bean Pasta/W/W pasta Broccoli Pineapple
PM Snack			Chez its Capri Sun 100%	Roasted Corn Cob Goldfish Pretzels	Apple Cheese Stick	Banana Yogurt
	February 26, 2024	February 27, 2024	February 28, 2024	February 29, 2024		
Breakfast	Milk* Turkey Sausage Hash brown patties W/W/Biscuit Oranges	Milk* Cereal-Cheerios Banana	Milk* Fruit Muffin/WG Fruit Cocktail	Milk* WG/Waffles Pineapple		
AM Snack	Apple Sun Flower Butter	Cereal- Trail Mix V-8 Juice	Raisin Bread Yogurt	Cheese Stick W/W/Crackers		
Lunch	Milk* Chili Beans W/Hamburger/ Red Chili (Kidney, Pinto) Cornbread Pears	Milk* Cheese Burger W/W Bun Sweet Potato fries Fruit Cocktail	Milk* Chicken Nuggets Mac & cheese Broccoli/ Cauliflower Strawberry	Milk* Salisbury Steak/Mushroom gravy Baby Bakers W/W/Bread Stick Apple sauce		
PM Snack	Graham Crackers Milk	W/W/English Muffin Cheese	Sweet Potato Fries Apple Sauce	Zucchini Bread Banana		

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	Monday	Tuesday	Wednesday	Thursday	Friday
					March 1, 2024
Breakfast	 				Milk* Egg and Tatar Tot Casserole WW Toast Fruit Juice
AM Snack					Cucumbers/Ranch Oranges
Lunch					Milk* Pizza, WW/Crust, Cheese Sauce Mixed Salad
PM Snack					Mango Gold Fish Carrots
	March 4, 2024	March 5, 2024	March 6, 2024	March 7, 2024	March 8, 2024
Breakfast	Milk* Sasuage & Egg WW muffin Orange	Milk* Avocado Toast/WW Tomato Slice Peach	Milk* Cereal –Life Banana	Milk* WG/Waffles Strawberry	Milk* Scrambles Eggs WW/Pita Fruit Juice
AM Snack	Raisin Bread Apple Sauce	Yogurt Parfait/Fruit Corn flakes	WG/Pretzels Cheese sauce Jicama Sticks	Grilled Corn Cob Banana Bread (ICN)	Carrots Cheese Cubes
Lunch	Chicken Philly Cheesesteak Sliders WW Bun Corn Cob Blueberry	Milk*Traditional Pork Posole Blackberries Indian Bread	Milk* Crunchy Hawaiiian Chicken Wrap /WW tortilla (ICN) Broccoli, carrot, spinach Apple	Milk* Pork roast Baby Bakers WW Roll Kiwi	Milk* Cheese Quesadilla WW tortilla Squash & Corn Pineapple
PM Snack	Apple Sun butter	Grilled Corn Cheese It Crackers	Fruit Muffin Milk	Cheesy WW English Muffin	Banana Yogurt
March 11th - March 15th, 2024 SPRING BREAK					
	March 18, 2024	March 19, 2024	March 20, 2024	March 21, 2024	March 22, 2024
Breakfast	Milk* Egg & WW Bagel Orange	Milk* French Toast Casserole (ICN) Strawberry	Milk* Cereal-Life Banana	Milk* Chicken and W/G Waffles Madeiran Orange	Milk* Quiche/Cheese WW Toast 100% Juice
AM Snack	Raisin Bread Apple Sauce	Yogurt W/Fruit HM-Granola Oats (ICN)	W/W Tortilla Roll /Cream Cheese/Carrots, Cucumber	Baked Egg Rolls (ICN) /vegetable /Turkey	Celery Sticks /W Ranch Cheese Slices
Lunch	Milk* Hash Brown Stacker (ICN) beef Pineapple WW Garlic Toast	Milk* Meatball Sandwich WW Hoagie /Cheese Tossed Salad Cucumber/ Tomato Pear	Milk* Chicken Ratatouille (ICN) WW Roll Fruit Cocktail	Milk* Sliced Ham Scalloped Potatoes WW Roll Berry/Blue, black	Milk* Bean & Cheese Pupasas Cabbage, carrots Apple
PM Snack	W/G Pretzels Cheese Slice	Sunflower Butter Apple Slice	English Muffin w/Cheese	Bean Dip Pita Squares	Fruit Bowl Gold Fish