

Navajo Early Head Start Menu Week # 1

Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Aug. 29, 2016 Oct. 3, 2016 Nov. 7, 2016 Dec. 12, 2016 Jan. 30, 2017 Mar. 13, 2017 April 17, 2017	½ cup Milk ¼ cup Farina ¼ cup fine diced Oranges	½ cup Milk 1 oz. Ground Beef (Goulash) ¼ cup Macaroni ½ oz. Cheese 2 Tbsp. Green Beans 2 Tbsp. Chopped Apple	20 Gold Fish Pretzels ½ cup sliced Bananas Water
Aug. 30, 2016 Oct. 4, 2016 Nov. 8, 2016 Dec. 13, 2016 Jan. 31, 2017 Mar. 14, 2017 April 18, 2017	½ cup Milk 1 (4 inch) Blue Corn Pancake ¼ cup diced Strawberries	½ cup Milk 1 oz. Baked Ham ½ Whole Wheat Roll ½ oz. Cheese 1 Tbsp. Green Beans 2 Tbsp. applesauce	¼ cup (2 oz.) Yogurt ½ cup mashed Blueberries Water
Aug. 31, 2016 Oct. 5, 2016 Nov. 9, 2016 Dec. 14, 2016 Feb. 1, 2017 Mar. 15, 2017 April 19, 2017	½ cup Milk ¼ cup Oatmeal w/Raisins ¼ Mandarin Oranges	½ cup Milk 1 oz. Baked Chicken 2 Tbsp. carrots/peas 2 Tbsp. diced Peaches ½ 6" Whole Wheat Tortilla	½ oz. Cheddar Cheese 4 squares Whole Wheat Crackers Water
Sept. 1, 2016 Oct. 6, 2016 Nov. 10, 2016 Dec. 15, 2016 Feb. 2, 2017 Mar. 16, 2017 April 20, 2017	½ cup Milk ¼ cup Cherrios ¼ cup diced Kiwi	½ cup Milk 1 oz. Ground Beef w/ Meat Sauce ¼ cup Spaghetti 2 Tbsp. diced Broccoli 2 Tbsp. finely chopped Pears	¼ cup (.5 oz.) Pretzel ½ cup diced Mandarin Water
Sept. 2, 2016 Oct. 7, 2016 Holiday Dec. 16, 2016 Feb. 3, 2017 Mar. 17, 2017 April 21, 2017	½ cup Milk ½ slice Whole Wheat Muffin ½ cup Bananas or ½ sliced 1 boil egg	½ cup Milk 1 oz. Turkey Breasts ½ slice Whole Wheat Bread 2 Tbsp. chopped Lettuce & Tomatoes 2 Tbsp. diced Watermelon	½ sliced Mini Bagel 2 Tbsp. fine diced Strawberry Water

Water is offered with all meals. All cheeses are low-fat. This institution is an equal opportunity provider and employer.

Navajo Early Head Start Menu Week # 2

Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Holiday Oct. 10, 2016 Nov. 14, 2016 Dec. 19, 2016 Feb. 6, 2017 Mar. 20, 2017 April 24, 2017	½ cup Milk ½ cup Blue corn meal mush ¼ cup Oranges	½ cup Milk 1 oz. Chicken (Stir fry) 2 Tbsp. Steamed Brown Rice 2 Tbsp. California Blend 2 Tbsp. chopped Pineapple	½ oz. Cheddar Cheese ¼ cup Yogurt Water
Sept. 6, 2016 Oct. 11, 2016 Nov. 15, 2016 Dec. 20, 2016 Feb. 7, 2017 Mar. 21, 2017 April 25, 2017	½ cup Milk ¼ cup Cornflakes ¼ cup diced Strawberries	½ cup Milk 1 oz. Pinto Beans 1 oz. Cheese, Ham 1 oz. Cornbread ¼ Cantaloupe	½ cup Pears 20 Gold Fish Pretzels Water
Sept. 7, 2016 Oct. 12, 2016 Nov. 16, 2016 Dec. 21, 2016 Feb. 8, 2017 Mar. 22, 2017 April 26, 2017	½ cup Milk ¼ cup Farina ¼ cup diced Fruit Cocktail (pears, peaches, cherries & grapes)	½ cup Milk 1 oz. Chicken Casserole ½ cup Macaroni 2 Tbsp. Peas & fine chopped Celery 2 Tbsp. mashed Mandarin Oranges	½ Granola bar ½ oz. Mozzarella String Cheese Water
Sept. 8, 2016 Oct. 13, 2016 Nov. 17, 2016 Dec. 22, 2016 Feb. 9, 2017 Mar. 23, 2017 April 27, 2017	½ cup Milk ¼ cup Oatmeal ¼ slice Bananas	½ cup Milk 1 oz. Hamburger Patty ½ mini Hamburger Bun ½ oz. Cheese ¼ cup Lettuce/tomatoes ¼ cup Pineapples	½ slice English Muffins ½ cup mashed Blueberries Water
Sept. 9, 2016 Oct. 14, 2016 Nov. 18, 2016 Dec. 23, 2016 Feb. 10, 2017 Mar. 24, 2017 April 28, 2017	½ cup Milk ½ slice Whole Wheat English Muffin ¼ cup diced Oranges	½ cup Milk 1 oz. Fish Sticks ¼ cup Broccoli 2 Tbsp. Applesauce	½ oz. Cheddar Cheese 4 square Whole Wheat Crackers Water

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Navajo Early Head Start Menu Week # 3

Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Sept. 12, 2016 Oct. 17, 2016 Nov. 21, 2016 Jan. 9, 2017 Feb. 13, 2017 Mar. 27, 2017 May 1, 2017	½ cup Milk ½ slice of Soft Pretzel ¼ cup Applesauce	½ cup Milk 1 oz. Chicken (Homemade soup) 2 Tbsp. Brown Rice 2 Tbsp. diced Celery, Carrots, Potatoes 2 Tbsp. sliced Bananas	½ cup Tomato soup 20 Gold fish crackers Water
Sept. 13, 2016 Oct. 18, 2016 Nov. 22, 2016 Jan. 10, 2017 Feb. 14, 2017 Mar. 28, 2017 May 2, 2017	½ cup Milk ¼ cup Rice Krispies ¼ cup mashed Mandarin Oranges	½ cup Milk ½ Homemade Macaroni & Cheese 2 Tbsp. chopped Green Beans 2 Tbsp. Applesauce	¼ cup (2 oz.) Yogurt ½ cup Strawberries Water
Sept. 14, 2016 Oct. 19, 2016 Nov. 23, 2016 Jan. 11, 2017 Feb. 15, 2017 Mar. 29, 2017 May 3, 2017	½ cup Milk ¼ cup Yellow Corn Meal ¼ cup diced Fruit Cocktail (pears, peaches, cherries & grapes)	½ cup Milk ¼ cup Pinto Beans (Bean Burrito) ½ of 6 inch Wheat Tortilla 2 Tbsp. corn 2 Tbsp. Fruit Cocktail	1 oz. Soft Pretzel ½ cup Sliced Oranges Water
Sept. 15, 2016 Oct. 20, 2016 Holiday Jan. 12, 2017 Feb. 16, 2017 Mar. 30, 2017 May 4, 2017	½ cup Milk ¼ cup Oatmeal w/Raisins ¼ cup diced Strawberries	½ cup Milk 1 oz. Beef stew 2 Tbsp. Carrots, Potatoes, Celery 2 Tbsp. dice melon ¼ inch of 12 inch Blue corn meal fry bread	½ cup sliced Bananas ½ oz. Mozzarella String Cheese Water
Sept. 16, 2016 Oct. 21, 2016 Holiday Jan. 13, 2017 Feb. 17, 2017 Mar. 31, 2017 May 5, 2017	½ cup Milk ½ English Muffin ½ oz. Cheddar Cheese ¼ cup diced Baked Apples	½ cup Milk 1 oz. Turkey Breasts ½ slice whole what sliced bread 2 Tbsp. chopped Lettuce & Tomato 2 Tbsp. diced Pears	½ cup Applesauce ¼ cup (.5 oz.) Pretzel Water

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Navajo Early Head Start Menu Week # 4

Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Sept. 19, 2016 Oct. 24, 2016 Nov. 28, 2016 Holiday Holiday April 3, 2017 May 8, 2017	½ cup Milk ¼ cup Blue Corn Mush ¼ cup sliced Oranges	½ cup Milk 1 oz. Fish Sticks ¼ cup California Blend 2 Tbsp. Diced Pears	4 square Whole Wheat Crackers ½ cup chopped Pineapple Water
Sept. 20, 2016 Oct. 25, 2016 Nov. 29, 2016 Jan. 17, 2017 Feb. 21, 2017 April 4, 2017 May 9, 2017	½ cup Milk ½ slice Whole Wheat Toast 1 Tbsp. Peanut Butter ¼ cup diced Pears	½ cup Milk 1 oz. Breaded Baked Chicken 2 Tbsp. Brown Rice 2 Tbsp. chopped Broccoli, Cauliflower, Carrots 2 Tbsp. Cantaloupe	¼ cup (2 oz.) Yogurt ½ cup mashed Blueberries Water
Sept. 21, 2016 Oct. 26, 2016 Nov. 30, 2016 Jan. 18, 2017 Feb. 22, 2017 April 5, 2017 May 10, 2017	½ cup Milk ½ Soft Pretzel ¼ cup diced Strawberries	½ cup Milk ½ cup Ground Beef (Goulash) ¼ cup macaroni 2 Tbsp Peas/carrots 2 Tbsp. diced Watermelon	½ slice Soft Pretzel ½ cup Strawberries Water
Sept. 22, 2016 Oct. 27, 2016 Dec. 1, 2016 Jan. 19, 2017 Feb. 23, 2017 April 6, 2017 May 11, 2017	½ cup Milk ¼ cup Farina ¼ cup diced Cantaloupe	½ cup Milk 1 (One ounce) Fish Sticks 2 Tbsp. Steamed Carrots 2 Tbsp. diced Mix Fruit (pears, peaches, cherries, grapes)	½ slice Mini Bagel 1 Tbsp. Cream Cheese ½ cup mashed Purple Plums Water
Sept. 23, 2016 Oct. 28, 2016 Dec. 2, 2016 Jan. 20, 2017 Feb. 24, 2017 April 7, 2017 May 12, 2017	½ cup Milk ½ English Muffin ½ oz. Oranges	½ cup Milk ½ slice Whole Wheat Bread 1 oz. Cheese (Grilled Cheese) ¼ cup Tomato Soup 2 Tbsp. sliced Oranges	½ Granola Bar ½ cup dice Peaches Water

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Navajo Early Head Start Menu Week # 5

Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Sept. 26, 2016 Oct. 31, 2016 Dec. 5, 2016 Jan. 23, 2017 Feb. 27, 2017 April 10, 2017 May 15, 2017	½ cup Milk ¼ cup Farina ¼ cup diced Blueberries	½ cup Milk 1 taco corn tortilla shell 1 oz. ground Beef ½ oz. cheese 2 Tbsp. chopped Lettuce & Tomato 2. Tbsp. mandarin oranges	½ slice soft pretzel ½ cup sliced Bananas Water
Sept. 27, 2016 Nov. 1, 2016 Dec. 6, 2016 Jan. 24, 2017 Feb. 28, 2017 April 11, 2017 May 16, 2017	½ cup Milk ½ slice English Muffin ¼ cup oranges	½ cup Milk ½ slice Whole Wheat Roll 1 oz. Beef Stew 2 Tbsp. potatoes, celery, carrots 2 Tbsp. diced Watermelon	½ cup diced peaches ½ oz. mozzarella string cheese Water
Sept. 28, 2016 Nov. 2, 2016 Dec. 7, 2016 Jan. 25, 2017 Mar. 1, 2017 April 12, 2017 May 17, 2017	½ cup Milk 1 (4 inch) Blue Corn Pancake ¼ cup Applesauce	½ cup Milk 1 oz. Ham 1 oz. Cheese 2 Tbsp. chopped broccoli ½ sliced whole wheat bread 2 Tbsp. diced Peaches	2 square whole wheat crackers 1 oz. Cheddar Cheese Water
Sept. 29, 2016 Nov. 3, 2016 Dec. 8, 2016 Jan. 26, 2017 Mar. 2, 2017 April 13, 2017 May 18, 2017	½ cup Milk ⅓ cup Cornflakes ¼ cup Slice Bananas	½ cup Milk ½ slice Whole Wheat Roll 1 oz. Ground Beef (Meatloaf) 2 Tbsp. Corn 2 Tbsp. diced pears	½ cup fruit cocktail ¼ cup (2 oz.) Yogurt Water
Sept. 30, 2016 Nov. 4, 2016 Dec. 9, 2016 Jan. 27, 2017 Mar. 3, 2017 April 14, 2017 May 19, 2017	½ cup Milk ¼ cup yellow cornmeal ½ cup strawberries	½ cup Milk 1 cup chicken stir fry ¼ cup steam brown rice ¼ cup California blend 2 Tbsp. diced pineapples	½ oz. mozzarella string cheese ¼ cup Applesauce Water

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Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Aug. 29, 2016 Oct. 3, 2016 Nov. 7, 2016 Dec. 12, 2016 Jan. 30, 2017 Mar. 13, 2017 April 17, 2017	¾ cup 1% Milk ¼ cup Farina ½ cup Oranges	¾ cup 1% Milk 1½ cup Ground Beef (Goulash) ¼ cup Macaroni ½ oz. Cheese ¼ cup Green Beans ¼ cup Apple Wedges	20 Gold Fish Pretzels (Unsalted) ½ cup grapes Water
Aug. 30, 2016 Oct. 4, 2016 Nov. 8, 2016 Dec. 13, 2016 Jan. 31, 2017 Mar. 14, 2017 April 18, 2017	¾ cup 1% Milk 1 (4 inch) Blue Corn Pancake ½ cup Strawberries	¾ cup 1% Milk 1½ oz. Baked Ham ½ Whole Wheat Roll ¼ cup Green Beans ¼ cup Applesauce	¼ cup (2 oz.) Yogurt ½ cup Blueberries Water
Aug. 31, 2016 Oct. 5, 2016 Nov. 9, 2016 Dec. 14, 2016 Feb. 1, 2017 Mar. 15, 2017 April 19, 2017	¾ cup 1% Milk ¼ cup Oatmeal w/Raisins ½ cup Mandarin Oranges	¾ cup 1% Milk 1½ oz. Baked Chicken ¼ cup Carrots/Peas ¼ cup Peaches ½ 6" Whole Wheat Tortilla	½ oz. Cheddar Cheese 4 squares Whole Wheat Crackers Water
Sept. 1, 2016 Oct. 6, 2016 Nov. 10, 2016 Dec. 15, 2016 Feb. 2, 2017 Mar. 16, 2017 April 20, 2017	¾ cup 1% Milk ½ cup Cheerios ½ cup Kiwi	¾ cup 1% Milk 1½ oz. Ground Beef w/ Meat Sauce ¼ cup Spaghetti ¼ cup Broccoli ¼ cup Pears	¼ cup (.5 oz.) Pretzel (unsalted) ½ cup grapes Water
Sept. 2, 2016 Oct. 7, 2016 Holiday Dec. 16, 2016 Feb. 3, 2017 Mar. 17, 2017 April 21, 2017	¾ cup 1% Milk ½ slice Whole Wheat Muffin ½ cup Bananas or ½ sliced 1 boil egg	¾ cup 1% Milk 1 ½ oz. Turkey Breast ½ slice Whole Wheat Bread ¼ cup Lettuce & Tomatoes ¼ cup Corn ¼ cup Watermelon	½ cup Baby Carrots ½ oz. Mozzarella String Cheese Water

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Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Holiday Oct. 10, 2016 Nov. 14, 2016 Dec. 19, 2016 Feb. 6, 2017 Mar. 20, 2017 April 24, 2017	¾ cup 1% Milk ¼ cup Blue corn meal mush ½ cup oranges (strawberries, blueberries)	¾ cup 1% Milk 1½ oz. Chicken (Stir fry) ¼ cup Steamed Brown Rice ¼ cup California Blend ¼ cup Pineapple	½ cup Pears 1/4 cup (2oz) Yogurt Water
Sept. 6, 2016 Oct. 11, 2016 Nov. 15, 2016 Dec. 20, 2016 Feb. 7, 2017 Mar. 21, 2017 April 25, 2017	¾ cup 1% Milk ½ cup Cornflakes ½ cup Strawberries	¾ cup 1% Milk ¼ cup Pinto Beans 3 baby carrots-1/2 large celery stick 1 oz. cornbread ¼ cup cantaloupe	½ cup Fresh Cucumber Slices 20 Gold Fish Pretzels (Unsalted) Water
Sept. 7, 2016 Oct. 12, 2016 Nov. 16, 2016 Dec. 21, 2016 Feb. 8, 2017 Mar. 22, 2017 April 26, 2017	¾ cup 1% Milk ¼ cup Farina ½ cup Fruit Cocktail (pears, peaches, cherries & grapes)	¾ cup 1% Milk 1 ½ oz. Chicken Casserole ¼ cup Macaroni ¼ cup Toss Salad (lettuce, tomatoes, carrots) ¼ cup Mandarin Oranges	Granola Bar ½ oz. Mozzarella String Cheese Water
Sept. 8, 2016 Oct. 13, 2016 Nov. 17, 2016 Dec. 22, 2016 Feb. 9, 2017 Mar. 23, 2017 April 27, 2017	¾ cup 1% Milk ¼ cup Oatmeal ½ slice Bananas	¾ cup 1% Milk 1½ oz. Hamburger Patty 1 mini Hamburger Bun ½ oz. cheese ¼ cup lettuce & Tomatoes ¼ cup pineapples	½ slice English Muffins ½ cup Blueberries Water
Sept. 9, 2016 Oct. 14, 2016 Nov. 18, 2016 Dec. 23, 2016 Feb. 10, 2017 Mar. 24, 2017 April 28, 2017	¾ cup 1% Milk ½ slice Whole Wheat English Muffin ½ cup Sliced Oranges	¾ cup 1% Milk 1½ oz. Fish sticks ¼ cup Broccoli ¼ cup Apples ½ Whole Wheat Roll	½ oz. Cheddar Cheese 4 square Whole Wheat Crackers Water

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Sept. 12, 2016 Oct. 17, 2016 Nov. 21, 2016 Jan. 9, 2017 Feb. 13, 2017 Mar. 27, 2017 May 1, 2017	¾ cup 1% Milk ½ slice soft pretzel (unsalted) ½ cup Applesauce	¾ cup 1% Milk 1½ oz. Chicken (Homemade soup) ¼ cup Brown Rice ¼ cup Celery, Carrots, Potatoes ¼ cup Fresh Grapes (cut in forth)	¼ cup tomato soup 20 Gold Fish Crackers Water ¼ cup Carrots
Sept. 13, 2016 Oct. 18, 2016 Nov. 22, 2016 Jan. 10, 2017 Feb. 14, 2017 Mar. 28, 2017 May 2, 2017	¾ cup 1% Milk ¾ cup Rice Krispies ½ cup Fresh Grapes (cut in forth)	¾ cup 1% Milk ¼ cup Homemade Macaroni & Cheese ¼ cup Green Beans ¼ cup Applesauce	¼ cup (2 oz.) Yogurt ½ cup Strawberries Water
Sept. 14, 2016 Oct. 19, 2016 Nov. 23, 2016 Jan. 11, 2017 Feb. 15, 2017 Mar. 29, 2017 May 3, 2017	¾ cup 1% Milk ¼ cup Yellow Corn Meal ½ cup sliced Apples	¾ cup 1% Milk ¼ cup Refried Beans (Bean Burrito) ½ of 6 inch Flour Tortilla ¼ cup Corn ¼ cup Fruit Cocktail (pears, peaches, cherries &	1 oz. Soft Pretzel (unsalted) ½ cup Sliced Oranges Water
Sept. 15, 2016 Oct. 20, 2016 Holiday Jan. 12, 2017 Feb. 16, 2017 Mar. 30, 2017 May 4, 2017	¾ cup 1% Milk ¼ cup Oatmeal w/Raisins ½ cup Strawberries	¾ cup 1% Milk 1 ½ oz. Beef stew ¼ cup Carrots, Potatoes, Celery ¼ cup Melon ¼ inch of 12 inch Blue corn meal fry bread	4 square Whole Wheat Crackers ½ oz. Mozzarella String Cheese Water
Sept. 16, 2016 Oct. 21, 2016 Holiday Jan. 13, 2017 Feb. 17, 2017 Mar. 31, 2017 May 5, 2017	¾ cup 1% Milk ½ English Muffin ½ oz. Cheddar Cheese ½ cup Baked Apples	¾ cup 1% Milk 1 ½ oz. Turkey Breasts ½ Sliced Whole Wheat Bread ¼ cup Lettuce & Tomato ¼ cup Bananas	½ cup Applesauce ¼ cup (.5 oz.) Pretzel (unsalted) Water

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Navajo Head Start Menu Week # 4

Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Sept. 19, 2016 Oct. 24, 2016 Nov. 28, 2016 Holiday Holiday April 3, 2017 May 8, 2017	¾ cup 1% Milk ¼ cup Blue Corn Mush ½ cup Oranges	¾ cup 1% Milk 3 (1oz) Fish Sticks ¼ cup California Blend ¼ cup Diced Peaches ½ Whole Wheat Roll	4 square Whole Wheat Crackers ½ cup Grapes Water
Sept. 20, 2016 Oct. 25, 2016 Nov. 29, 2016 Jan. 17, 2017 Feb. 21, 2017 April 4, 2017 May 9, 2017	¾ cup 1% Milk ½ slice Whole Wheat Toast ½ cup Pears	¾ cup 1% Milk 1 ½ oz. Breaded Baked Chicken ¼ cup Brown Rice ¼ cup Broccoli, Cauliflower, Carrots (Blended) ¼ cup Cantaloupe	¼ cup (2 oz.) Yogurt ½ cup Blueberries Water
Sept. 21, 2016 Oct. 26, 2016 Nov. 30, 2016 Jan. 18, 2017 Feb. 22, 2017 April 5, 2017 May 10, 2017	¾ cup 1% Milk ½ of Soft Pretzel (unsalted) ½ cup Strawberries	¾ cup 1% Milk ½ cup Ground Beef (Goulash) ¼ cup Macaroni ½ oz. Cheese ¼ cup Peas & Carrots ¼ cup Watermelon	½ slice Whole Wheat Bread 1½ slice Cheese Water
Sept. 22, 2016 Oct. 27, 2016 Dec. 1, 2016 Jan. 19, 2017 Feb. 23, 2017 April 6, 2017 May 11, 2017	¾ cup 1% Milk ¼ cup Farina ½ cup Cantaloupe	¾ cup 1% Milk 1½oz. Turkey Breast w/ gravy (optional) ½ Sliced Whole Wheat Roll ¼ cup Corn ¼ cup Fruit Cocktail	½ slice Soft Pretzel (unsalted) ½ cup Strawberries Water
Sept. 23, 2106 Oct. 28, 2016 Dec. 2, 2016 Jan. 20, 2017 Feb. 24, 2017 April 7, 2017 May 12, 2017	¾ cup 1% Milk ½ cup Homemade Hash Browns ½ slice English Muffin ½ oz. Oranges	¾ cup 1% Milk ½ slice Whole Wheat Bread 1½ oz. Cheese (Grilled Cheese) ¼ cup Tomato Soup ¼ cup Peaches ¼ cup Carrots	Granola Bar ½ cup Applesauce Water

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Date/Day	BREAKFAST	LUNCH	AFTERNOON SNACK
Sept. 26, 2016 Oct. 31, 2016 Dec. 5, 2016 Jan. 23, 2017 Feb. 27, 2017 April 10, 2017 May 15, 2017	¾ cup 1% Milk ¼ cup Farina ½ cup Blueberries	¾ cup 1% Milk 1 Taco Corn Tortilla Shell 1 oz. Ground Beef ¼ cup Mandarin Oranges ¼ cup Lettuce & Tomatoes	½ slice Soft Pretzel (unsalted) ½ cup Bananas Water
Sept. 27, 2016 Nov. 1, 2016 Dec. 6, 2016 Jan. 24, 2017 Feb. 28, 2017 April 11, 2017 May 16, 2017	¾ cup 1% Milk ½ slice English Muffin ½ cup Oranges	¾ cup 1% Milk ½ slice Whole Wheat Roll 1½ oz. Beef Stew ¼ cup Potatoes, celery, carrots ¼ cup Watermelon	½ oz. Mozzarella String Cheese ½ cup Cottage Cheese Water
Sept. 28, 2016 Nov. 2, 2016 Dec. 7, 2016 Jan. 25, 2017 Mar. 1, 2017 April 12, 2017 May 17, 2017	¾ cup 1% Milk 1 (4 inch) Blue Corn Pancake ½ cup Applesauce	¾ cup 1% Milk 1 oz. Ham 1 oz. Cheese ¼ cup Broccoli ¼ cup Peaches ½ Slice Whole Wheat Bread	4 Square Whole Wheat Crackers 1 oz. Cheddar Cheese Water
Sept. 29, 2016 Nov. 3, 2016 Dec. 8, 2016 Jan. 26, 2017 Mar. 2, 2017 April 13, 2017 May 18, 2017	¾ cup 1% Milk ½ cup Cornflakes ½ cup Slice Bananas	¾ cup 1% Milk ½ slice Whole Wheat Roll 1½ oz. Ground Beef (Meat loaf) ¼ cup Corn ¼ cup Pears	½ cup Fruit Cocktail ¼ cup (2 oz.) Yogurt Water
Sept. 30, 2016 Nov. 4, 2016 Dec. 9, 2016 Jan. 27, 2017 Mar. 3, 2017 April 14, 2017 May 19, 2017	¾ cup 1% Milk ¼ cup Yellow Cornmeal ½ cup Strawberries	¾ cup 1% Milk 1½ Chicken (Stir-Fry) ¼ cup Steam Brown Rice ¼ cup California Blend ¼ cup Pineapple	½ oz. Mozzarella String Cheese ½ slice Apples Water

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