

September 2017

CLEVELAND HEADSTART SCHOOL

LUNCH



School Information:
LABOR DAY- SEPTEMBER 4



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday



CHEESE PIZZA
MIXED FRUIT
BABY CARROTS
1% MILK 1

**This Institution Is
Equal Opportunity
Provider And
Employer** 4

LITTLE SMOKIES
MAC & CHEESE
BAKED BEANS
PEARS
1% MILK 5

MEATBALL SUB
GREEN BEANS
PEACHES
1% MILK 6

CHICKEN SANDWICH
BROCCOLI W/ CHEESE
PINEAPPLE
1% MILK 7

CHEESE PIZZA
MIXED FRUIT
BABY CARROTS
1% MILK 8

CHICKEN NUGGETS
MASHED POTATOES
CHICKEN GRAVY
HOT ROLL WG
ROSY APPLESAUCE
1% MILK 11

FISH STICKS
BAKED BEANS
PEARS
1% MILK 12

CORN DOG
PEACHES
CARROTS
1% MILK 13

CHICKEN SANDWICH
BROCCOLI W/ CHEESE
PINEAPPLE
1% MILK 14

HOT HAM & CHEESE
CORN
MIXED FRUIT
1% MILK 15

CHICKEN QUESADILLA
CARROTS
ROSY APPLESAUCE
1% MILK 18

BEEF TACO
REFRIED BEANS
PEARS
1% MILK 19

CHICKEN ALA KING
GREEN BEANS
PEACHES
1% MILK 20

CHEESEBURGER
BROCCOLI
PINEAPPLE
1% MILK 21

CHEESE PIZZA
CORN
MIXED FRUIT
1% MILK 22

TANGERINE CHICKEN
BROWN RICE
BROCCOLI
ROSY APPLESAUCE
1% MILK 25

RIB-B-Q SANDWICH
BAKED BEANS
PEARS
1% MILK 26

SPAGHETTI & MEATBALLS
GREEN BEANS
PEACHES
1% MILK 27

BEEF FINGERS
MASHED POTATOES
BEEF GRAVY
PINEAPPLE 28

CHEESE PIZZA
MIXED FRUIT
BABY CARROTS
1% MILK 29