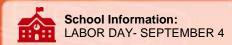
## September 2017

## **CLEVELAND HEADSTART SCHOOL**







**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
This Institution Is 4 Equal Opportunity Provider And Employer	LITTLE SMOKIES MAC & CHEESE BAKED BEANS PEARS 1% MILK	MEATBALL SUB GREEN BEANS PEACHES 1% MILK	CHICKEN SANDWICH BROCCOLI W/ CHEESE PINEAPPLE 1% MILK	CHEESE PIZZA MIXED FRUIT BABY CARROTS 1% MILK
CHICKEN NUGGETS MASHED POTATOES CHICKEN GRAVY HOT ROLL WG ROSY APPLESAUCE 1% MILK	FISH STICKS BAKED BEANS PEARS 1% MILK	CORN DOG PEACHES CARROTS 1% MILK	CHICKEN SANDWICH BROCCOLI W/ CHEESE PINEAPPLE 1% MILK	HOT HAM & CHEESE CORN MIXED FRUIT 1% MILK
CHICKEN QUESADILLA CARROTS ROSY APPLESAUCE 1% MILK	BEEF TACO REFRIED BEANS PEARS 1% MILK	CHICKEN ALA KING GREEN BEANS PEACHES 1% MILK	CHEESEBURGER BROCCOLI PINEAPPLE 1% MILK	CHEESE PIZZA CORN MIXED FRUIT 1% MILK
TANGERINE CHICKEN BROWN RICE BROCCOLI ROSY APPLESAUCE 1% MILK	RIB-B-Q SANDWICH BAKED BEANS PEARS 1% MILK	SPAGHETTI & MEATBALLS 27 GREEN BEANS PEACHES 1% MILK	BEEF FINGERS MASHED POTATOES BEEF GRAVY PINEAPPLE	CHEESE PIZZA MIXED FRUIT BABY CARROTS 1% MILK