

**Osage Nation Head Start
Breakfast/Lunch Menu
09-10**

**** Menu is Subject to Change**

****Adults are served the same portion sizes as 3-5 year olds**

Pancake on a stick, Oranges Slices, Milk Steak Fingers, Mashed Potatoes, Brown Gravy, Fresh Fruit, Peas, Milk	Chex Mix Cereal, Banana, Milk Tacos(meat, cheese, lettuce tomatoes), Refried Beans, Fresh Fruit, Milk	Pretzel Sticks, Cheese Cubes, Grape Juice, Milk Fish Sticks, Fresh Vegetables w/ Ranch, Potato Wedges, Milk	Oatmeal, Apple Juice, Milk Spaghetti w/ meat sauce, Salad, Pears, Corn, Bread Stick, Milk	Scrambled Eggs, Toast, Berry Juicy Juice, Milk Tator Tot Casserole (hamb, cheese, tator tots), Green Beans, Peaches, Salad, Wheat Bread, Milk
Applesauce, Wheat Thins, Milk Chicken Nuggets, Peas, Mashed Potatoes, Brown Gravy, Milk	French Toast, Peaches, Milk Goulash, Spinach, Orange Slices, Garlic Bread, Milk	Kix Cereal, Apple Slices, Milk Hamburger Pizza, Carrots, Fruit Cocktail, Milk	Teddy Grahams, Juicy Juice, Milk Fish Patties on Bun, Potato Salad, Green Beans, Fresh Fruit, Milk	Oatmeal, Pears, Milk Chicken and Noodles, Salad, Peaches, California Blend Veggies, Milk
Cantaloupe, Club Crackers, Milk Salisbury Steak, Mashed Potatoes, Gravy, Carrot Sticks/Cucumber Wedges w/ranch, Roll, Milk	Potato Cakes, Gravy, Toast, Milk Sloppy Joe on Bun, Pickle Spears, French Fries, Corn, Milk	Biscuits, Sausage Patty, Pears, Milk Baked Chicken, Apricots, Fresh Veg. in Season, Brown Rice, Milk	Pancakes, Juicy Juice, Milk Turkey Roast, Mashed Sweet Potatoes, Salad, Roll, Milk	Cheese Nips, Grape Juice, Milk Vegetable Beef Soup, Grilled Cheese on Wheat Bread, Pears, Milk
Peanut Butter, Crackers, Apple Juice, Milk Beef Stroganoff, Cooked Cauliflower w/ cheese sauce, Applesauce, Milk	Fruit Muffins, Grape Juice, Milk Chicken Patty, Scalloped Potatoes, Fruit Cocktail, Salad, Milk	Cinnamon Roll, Grapes, Milk Meat Loaf, Mashed Potatoes, Peas and Carrots, Wheat Roll, Milk	Banana Nut Cheerios, Cantaloupe, Milk Ham Slices, Mac/Cheese, Fresh Fruit in Season, Green Beans, Milk	Tortilla Roll-Up (tortilla, ham, cheese slices, lettuce leaf) Pineapples, Milk Hot Dogs w/ Bun, French Fries, Tropical Fruit, Milk
Bagel w/ Cream Cheese, Apricots, Milk Rotini w/ Meat sauce, Green Beans, Salad, Fresh Fruit, Milk	Fruit Yogurt, Crackers, Juicy Juice, Milk Tuna Casserole, Peas, Sliced/Baked Apples, Milk	Graham Crackers, Orange Slices, Milk Roast, Potatoe Cubes, Celery/Carrots, Apricots, Wheat Roll, Milk	Oatmeal, Juicy Juice, Milk Chili, Corn Chips, Shredded Cheese (Frito Chili Pie), Ranch Style Beans, Fresh Fruit, Milk	English Muffin, Scrabled Eggs, Fresh Fruit, Milk Hamburger pattie, Bun, Cheese Slice, Lettuce, Pickle Chips, Tator Tots, Peaches, Milk
Breakfast Burritos (Tortilla, Cheese, Sausage, eggs), Orange Juice, Milk Tuna Salad on Wheat Bread, Applesauce, Broccoli w/cheese sauce, Milk	Raisin Toast, Banana, Milk Pigs in a Blanket (hot dogs, cheese, biscuits), Baked Beans, Orange Slices, Milk	Rice Krispies, Apple Juice, Milk Beans w/ Ham, Corn Bread, Spinach, Tator Tots, Fresh Fruit, Milk	Ham/Cheese Croissant, Strawberries & Milk Chicken Strips, Broccoli (Cheese Sauce on side), Mashed Potatoes, Salad Wheat Roll, Milk	Cottage Cheese, Crackers, Pineapples, Milk Lasagna, Fruit Salad, Pineapple, Wheat Bread, Milk

Head Start Menu Notes:

- Juice served will be 100% Fruit Juice
- Milk is to be 2% Low Fat
- Fruit Yogurt is to be an all natural, gluten and gelatin free product

Fresh Fruit and Vegetables in Season:

- Aug:** green beans, corn, summer squash, blueberries, peaches, nectarines, bell peppers, cucumbers, grapes, plums, melons, strawberries, tomatoes, zucchini, watermelon, eggplant, cantaloupe, plums, tomatoes
- Sept. Oct. Nov.:** apples, broccoli, brussels sprouts, grapes, persimmons, pineapple, sweet potatoes, cauliflower, butternut squash, pumpkin, pomegranate, eggplant
- Dec., Jan., Feb.:** apples, brussels sprouts, grapefruit, mushrooms, oranges, pears, sweet potatoes, tangerines

Cultural Foods – corn soup or meat pies may be added as an extra menu item for

tasting. Fry Bread will be made in classroom as a cooking experience

Mar. Apr., May: asparagus, carrots, cauliflower, strawberries, broccoli, green beans, honeydew, mango oranges, pineapple, sweet corn, spinach, grapefruit, peas, strawberries

Minor Changes may occur on food items that have to be transported.