

**Osage Nation Head Start
Breakfast/Lunch Menu
2011-2012**

**** Menu is Subject to Change**

Changes may occur on food items that have to be transported

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

Fresh Banana, Unsweetened Cereal & Milk	Cottage Cheese, Pineapples, Whole Grain Crackers & Milk	Oatmeal, Apricots, & Milk	Fresh Fruit, whole grain toast w/Cheedar Cheese, & Milk	Oven Baked Pancake A06A, Grape Juice, & Milk
Chicken Salad E07, Whole grain crackers, peas, Fresh Peach & Milk	Pizza in a Pocket F04, Peas & Carrots, Diced Pears, & Milk	Chicken/Cheese Quesadilla, Refried Beans, 2 oz. vanilla yogurt, Apple Slices, & Milk	Beef Spaghetti Casserole D03, Green Salad, Fresh Plums, & Milk	Tuna Casserole, cooked broccoli, Fresh Pineapple, & Milk
Pears, English Muffin w/Cream Cheese, & Milk	Mixed Fruit, Blueberry Muffin A03, & Milk	French Toast, Grapes, & Milk	Whole Wheat Crackers, Yogurt, Strawberries, & Milk	Wheat Thins, Applesauce, & Milk
Mac & Cheese w/Ham D20A, Tropical Fruit, Salad, & Milk	Beef/Turkey Loaf D04, Cauliflower w/Ranch, Peach Halves, Wheat Bread & Milk	Chicken Spaghetti, Salad, Red Apple Slices, & Milk.	Fish Sticks, Frozen Mixed Veggies, Grapes & Milk	Beef Vegetable Stew, Cheese Stix, Crackers, Pears & Milk
Apple Slices, Baked Scrambled Eggs D15, Biscuits & Milk	Cinnamon Roll, Cantaloupe Cubes, & Milk	Oranges, English Muffin, & Milk	Kix Cereal, Juice, & Milk	Bagel, Cream Cheese, Red Grapes, & Milk
All Beef HotDogs on Bun, Chili, Corn Chips, Salsa, Fruit Cocktail & Milk	Tator Tot Casserole, Spinach, Wheat Bread, Strawberries & Milk	Tuna Salad Sandwich F11, Carrot Stix w/Ranch, Cantaloupe, & Milk	Chicken Strips, Mashed Potatoes, Green Beans, Strawberries/Banana, & Milk	Beef Stroganoff, Corn, Salad w/Cucumbers, Pears, & Milk
Toast, Cheese Slice, Grape Juice & Milk	Breakfast Burrito, Tortilla, Sausage, Egg, & Cheese, Salsa & Milk	Raisin Bread, Applesauce, & Milk	Biscuits, Sausage, Honeydew, & Milk	Toast, Peanut Butter, Celery, Raisins, & Milk
Chicken & Noodles, Vegetable Medley I02, Fresh Pineapple, & Milk	Sloppy Joes on Bun, Pickle Spears, Fruit Cocktail, Green Beans, & Milk	Beans & Ham, Steamed Broccoli, Banana, (Corn Bread)/Whole Grain Crackers, & Milk	Oven Baked Chicken D05, Asparagus Baked, Pineapples, Wheat Rolls, & Milk	Chef Salad, Turkey, Cheese, Boiled Egg, Lettuce, Tomato, Crackers, Carrot Sticks & 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

Cultural Foods-- will be added as planned for tasting experience

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

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