

SEPTEMBER 2010

HAYWOOD COUNTY HEAD START CENTER

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<b>1</b> Beef Ravioli – Wheat Roll Whole Kernel Corn/ Green Beans Milk	<b>2</b> Ham & Cheese on Bun Fresh Broccoli Florets/ Fresh Apple Milk	<b>3</b> Turkey & Gravy – Wheat Roll Cooked Carrots / Green Peas Milk Chocolate Chip Cookie “TREAT”
<b>6</b>  LABOR DAY HOLIDAY!	<b>7</b> Salisbury Steak & Gravy Wheat Roll Whipped Potatoes/ Fruit Cocktail Milk	<b>8</b> Cheeseburger on Bun Baked Beans/ Orange Wedges Milk	<b>9</b> Deli Made Sandwich Baby Carroteenies w/ Ranch Dip Pineapple Tidbits Milk	<b>10</b> Grilled Chicken Fillet on Bun Spiral Cut Fries/ Chilled Peaches Milk
<b>13</b> Turkey Tetrazzini Wheat Roll Green Peas/ Whole Kernel Corn Milk	<b>14</b> Ham & Cheese on Croissant Frito Corn Chips Baby Carroteenies w/ Ranch Dip Ripe Banana Milk	<b>15</b> Breaded Fish Nuggets- Wheat Roll Green Beans/ Frozen Strawberries Milk	<b>16</b> Sliced Baked Ham Wheat Roll Whipped Potatoes/ Fresh Apple Milk	<b>17</b> Cheese Pizza Slice Baby Lima Beans/ Pineapple Tidbits 100 % Juice Milk
<b>20</b> Breaded Chicken Patty Wheat Roll Green Beans/ Orange Wedges Milk	<b>21</b> Hot Dog w/ Bun – Frito Corn Chips Whole Kernel Corn/ Fresh Grapes Milk	<b>22</b> Barbequed Grilled Chicken Wheat Roll Whipped Potatoes/ Chilled Peaches Milk	<b>23</b> Hamburger on Bun Crinkle Cut Fries Baked Beans/ Fresh Apple Milk	<b>24</b> Toasted Cheese Sandwich Tater Tots/ Fruited Sherbet Milk
<b>27</b> Students do not attend. No meals will be served.	<b>28</b> Baked Chicken Nuggets Wheat Roll Whole Kernel Corn/ Green Beans Milk	<b>29</b> Ham & Cheese On Bun Fresh Broccoli Florets/ Fresh Apple Milk	<b>30</b> Turkey & Gravy – Wheat Roll Cooked Carrots/ Green Peas Milk Chocolate Chip Cookie “TREAT”	

Whole Grains, Fresh Fruits & Vegetables, offered at least three times per week.

MENU SUBJECT TO CHANGE

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