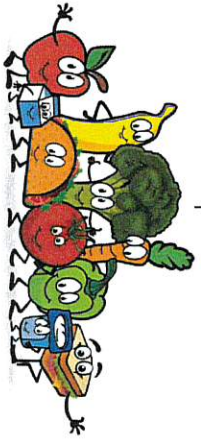


We Serve MILK at Breakfast and Lunch

**KM CZECH Head Start**  
November-23

We Serve SKIM milk



| Monday                     |   | Tuesday |  | Wednesday |   | Thursday |  | Friday |  |
|----------------------------|---|---------|--|-----------|---|----------|--|--------|--|
| Bkfst                      | <b>WG Cheerios</b><br>Apple   | Bkfst   | Sweet Potato Puffs<br>Mandarin Oranges   | Bkfst     | <b>WG Waffle</b><br>Triple Berry Blend  | Bkfst    | <b>WG Bagel</b><br>Fruit Cocktail  | Bkfst  | <b>WG Bread</b><br>Egg Patty   |
| Lunch                      | Hot Dog on a Bun<br>Smile Fries<br>Baked Beans<br>Orange Slices                   | Lunch   | Hot Turkey & Gravy<br>Whipped Potatoes<br>Dinner Roll<br>Strawberries          | Lunch     | Crispy Chicken Sandwich<br>Tater Tots/Pears<br>Peaches                        | Lunch    | Meat Loaf<br>Mashed Potatoes<br>Green Beans<br>Dinner Roll                           | Lunch  | Cheeseburger<br>French Fries/Pickles<br>Mixed Fruit                                      |
| Snack                      | Hard Boiled Eggs<br>Pineapple   | Snack   | Broccoli/Ranch<br><b>WG Cheese Its</b>   | Snack     | Vegetable Egg Roll<br><b>Wild Rice</b>  | Snack    | <b>WG Graham Cracker</b><br>Vegetable Juice  | Snack  | Tossed Salad/Ranch<br><b>WG Teddy Grahams</b>  |
| Bkfst                      | <b>WG Kix</b><br>Banana   | Bkfst   | Pancakes<br>Pears  | Bkfst     | <b>WG Biscuit &amp; Turkey Patty</b><br>Cantaloupe<br>Pizza                   | Bkfst    | <b>WG Breakfast Pizza</b><br>Pears<br>Lunchable<br>Cucumbers & Hummus<br>Apple       | Bkfst  | <b>WG Waffle</b><br>Applesauce<br>Soft Shell Taco's<br>Fiesta Black Beans<br>Blueberries |
| Lunch                      | Mandarin Orange Chicken<br>Brown Rice<br>Fresh Carrots/Celery<br>Mandarin Oranges | Lunch   | Chicken Alfredo w/<br>Rotini & Garlic Bread<br>Steamed Broccoli<br>Mixed Fruit | Lunch     | Baked Chicken<br>Mashed Potatoes/Gravy<br>Dinner Roll<br>Peaches              | Lunch    | Scrambled Eggs w/Cheese<br><b>WG Tortilla Shell</b><br>Sloppy Joe's<br>Corn<br>Pears | Lunch  | Portressi Pizza Fry<br>Green Beans<br>Dragon Punch Juice                                 |
| Snack                      | <b>WG Bread</b><br>Turkey Slices  | Snack   | <b>WG Tortilla Chip</b><br>Salsa/Cheese Sauce                                  | Snack     | Yogurt<br>Pineapple   | Snack    | Carrots/Ranch<br><b>WG Caramel Rice Cake</b>   | Snack  | Tomato Soup<br><b>WG Goldfish Crackers</b>   |
| Bkfst                      | Cinnamon Toast Cereal<br>Apple  | Bkfst   | <b>WG Biscuit, Turkey Patty</b><br>Tropical Fruit                              | Bkfst     | <b>WG Frosted Mini Wheats</b><br>Apple Slices                                 | Bkfst    | <b>WG Bagel</b><br>Fruit Cocktail  | Bkfst  | <b>WG Blueberry Muffin</b><br>Applesauce   |
| Lunch                      | Grilled Chicken Sandwich<br>Lettuce/Pickles<br>Spudsters<br>Pineapple             | Lunch   | Beef Nacho's<br>Fiesta Black Beans<br>Diced Tomato<br>Applesauce               | Lunch     | NO SCHOOL   | Lunch    | NO SCHOOL  | Lunch  | NO SCHOOL  |
| Snack                      | Pepper Strips/Ranch   | Snack   | <b>WG Soft Pretzel</b> w/Cheese<br>Pears                                       | Snack     |   | Snack    |  | Snack  |  |
| <b>WG Cheddar Sunchips</b> |   |         |  |           |   |          |  |        |  |
| Bkfst                      | <b>WG Rice Chex</b><br>Banana   | Bkfst   | <b>WG Waffle</b><br>Triple Berries   | Bkfst     | <b>WG Apple Cinn. Muffin</b><br>Yogurt  | Bkfst    | <b>WG Bagel</b><br>Fruit Cocktail  |        |  |
| Lunch                      | Warm Soft Pretzel<br>Nacho Cheese<br>Beef Sticks<br>Carrots/Celery<br>Applesauce  | Lunch   | Tater Tot Casserole<br>Green Beans/Tater Tots<br>Dinner Roll<br>Peaches        | Lunch     | Grilled Cheese Sandwich<br>Chicken Noodle Soup<br>Cooked Carrots<br>Pineapple | Lunch    | Walking Taco's/Beef<br>Refried Beans<br>Lettuce/Salsa<br>Cinnamon Applesauce         |        |  |
| Snack                      | <b>WG Bug Bites</b><br>Mandarin Oranges   | Snack   | <b>WG Wild Rice</b><br>Vegetable Eggroll                                       | Snack     | Ritz Cracker<br>Cheese Stick  | Snack    | <b>WG Graham Cracker</b><br>Vegetable Juice  |        |  |