



Rutland County Head Start/ Early Care and Education Program

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<u>Breakfast</u> WG Cereal, Hard Boiled Eggs and Bananas <u>Lunch</u> WG Turkey & Cheese, Cucumbers and Melon <u>Snack</u> Fruit Salsa and Cinnamon Chips	<u>Breakfast</u> WG Pancakes and Applesauce <u>Lunch</u> Tacos w/ Lettuce, Tomato & Salsa in a WG Wrap and Pineapple <u>Snack</u> Cauliflower w/ Dip and Milk	<u>Breakfast</u> Yogurt, Granola and Berries <u>Lunch</u> Cauliflower Pizza , Pepper Sticks and Mixed Fruit <u>Snack</u> Cottage Cheese and Peaches
6	7	8	9	10
<u>Breakfast</u> Turkey Sausage on a WG English Muffin and Oranges <u>Lunch</u> Goulash (WG Pasta, Ground Beef & Sauce), Roasted Cauliflower and Pineapple <u>Snack</u> Hard Boiled Eggs and Pepper Sticks	<u>Breakfast</u> Oatmeal and Strawberries <u>Lunch</u> MYO Turkey & Cheese on WG Bread, Carrot Sticks and Apples <u>Snack</u> WG Snack Mix and Milk	<u>Breakfast</u> WG Breakfast Pizza (egg & cheese) and Peaches <u>Lunch</u> WG Chicken Parm Sandwiches, Cucumbers and Melon <u>Snack</u> WG Wraps w/ Sun Butter and Banana	<u>Breakfast</u> Chicken Nuggets, WG Toast and Pears <u>Lunch</u> WG French Toast Sticks, Turkey Sausage, Celery and Applesauce <u>Snack</u> Cauliflower Ice Cream	<u>Breakfast</u> Cauliflower Egg Scramble and Bananas <u>Lunch</u> Tomato Soup w/ WG Toasted Cheese Pockets and Oranges <u>Snack</u> Grapes and Milk
13	14	15	16	17
<u>Breakfast</u> WG Toast, Scrambled Eggs and Mixed Fruit <u>Lunch</u> Hamburgers on a WG Roll, Sweet Potato Fries and Oranges <u>Snack</u> Cheese Sticks and Apples	<u>Breakfast</u> Apples & Bananas in a WG Wrap w/ Sun Butter <u>Lunch</u> Roasted Chicken, WG Rolls, Cauliflower Bake and Melon <u>Snack</u> Tortilla Chips w/ Spinach/Cottage Cheese Dip	<u>Breakfast</u> WG Cereal and Berries <u>Lunch</u> WG Turkey & Cheese Sliders, Green Beans and Grapes <u>Snack</u> Fruit Cups and Milk Nutrition Activity: Let's Explore Cauliflower!!!	<u>Breakfast</u> Egg & Cheese on a WG English Muffin and Peaches <u>Lunch</u> Spinach & Cheese Quiche and Apples <u>Snack</u> Cheeze-It Crackers and Carrot Sticks	<u>Breakfast</u> Cauliflower Breakfast Bread and Pears Program Closes at Noon for Staff In-Service <u>Lunch</u> WG Chicken Nuggets, WG Rolls, Pickled Beets and Fruit Salad

Rutland County Head Start/ Early Care and Education Program
February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
Program CLOSED Winter Break	Program CLOSED Winter Break	Program CLOSED Winter Break	Program CLOSED Winter Break	Program CLOSED Winter Break
27	28			
<u>Breakfast</u> Yogurt, Granola and Berries <u>Lunch</u> Sloppy Joes on a WG Roll, Cucumbers and Pears <u>Snack</u> Cauliflower Popcorn and Milk	<u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches <u>Lunch</u> Chicken & WG Biscuits w/ Peas & Carrots, Mashed Cauliflower and Mandarin Oranges <u>Snack</u> WG English Muffin Pizzas	Let's Celebrate Cauliflower!!! There are many ways to enjoy cauliflower! Try it mashed, roasted, or as your pizza crust!	Cauliflower begins as a seed, you can find them in white, green, orange and purple! Cauliflower is harvested late summer through the fall months. Cauliflower is a good source of nutrients, fiber and antioxidants.	<u>Cauliflower Ice Cream</u> 3 medium bananas – sliced and frozen 1 cup frozen cauliflower rice 3-6 tablespoons of honey Blend all ingredients together and eat right away or store in a freezer container to enjoy later!

*Fat Free Milk is offered with every breakfast and lunch.


Fat Free milk is an option at snack when indicated on the menu. Water is available at all times.

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Rutland County Head Start/ Early Care and Education Program

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March is all about Pears! 	<u>3-Ingredient Pear Cake</u> 2 cups flour 1 cup sugar 1 can cut pears w/ juice Pre-heat oven to 350 and prepare baking pan. Combine all ingredients. Pour into baking pan and bake for 55 to 60 minutes. Enjoy!	<u>WG Pineapple Muffins</u> and Oranges <u>WG Spanish Rice,</u> Pepper Sticks and Grapes Cucumbers and Milk	Eggs, WG English Muffins and Pears WG Fish Sticks, Brown Rice, Green Beans and Peaches Yogurt and Graham Crackers	Oatmeal and Bananas WH Chicken Ranch Pasta Bake, Broccoli and Fruit Salad Frozen Pineapple Rings
Breakfast Egg & Cheese Omelet, WG Toast and Oranges Lunch WG Spaghetti & Meatballs, Cucumbers and Peaches Snack Apples and Milk	National Cereal Day!!! Breakfast WG Cereal, Raisins and Cheese Sticks Lunch WG Fish Tacos w/ Lettuce & Tomato and Pears Snack Corn Bread and Broccoli	Breakfast WG Pancakes and Applesauce Lunch Chicken Strips, Brown Rice, Veggie Egg Rolls and Pears Snack Celery Sticks and Sun Butter	Breakfast WG bagel w/ Sun Butter and Bananas Lunch WG Mac & Cheese, Broccoli and Melon Snack Peach Fruit Cups and Milk	Breakfast Cottage Cheese and Pears Lunch Turkey Franks, Sweet Potato Fries, WG Rolls and Apples Snack Cheese Cubes and WG Crackers
Did you 'Spring forward'? Breakfast WG Fruit Bread and Pears Lunch Ham & Cheese WG English Muffin Pizzas, Carrots Sticks and Apples Snack WG Goldfish Crackers and Milk	Breakfast Cottage Cheese, WG Crackers and Peaches Lunch Chicken Alfredo w/ WG Tortellini, Broccoli and Oranges Snack Deviled Eggs and Carrot Sticks	Breakfast WG Cereal, Hard Boiled Eggs and Bananas Lunch Chef Salad w/ Turkey, Cheese, Tomato & Cucumbers, WG Rolls and Melon Snack Pear Dip and Cinnamon Chips	Breakfast WG Pancakes and Applesauce Lunch Tacos w/ Lettuce, Tomato & Salsa in a WG Wrap and Pears Snack Cucumber Slices and Milk	Program CLOSED Staff In-Service

Rutland County Head Start/ Early Care and Education Program

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 <u>Breakfast</u> Turkey Sausage on a WG English Muffin and Oranges <u>Lunch</u> Goulash (WG Pasta, Ground Beef & Sauce), Mixed Veggies and Pears <u>Snack</u> Hard Boiled Eggs and Pepper Sticks	21 <u>Breakfast</u> Oatmeal and Strawberries <u>Lunch</u> MYO Turkey & Cheese on WG Bread, Carrot Sticks and Apples <u>Snack</u> WG Snack Mix and Milk	22 <u>Breakfast</u> WG Breakfast Pizza (w/ egg & cheese) and Peaches <u>Lunch</u> WG Chicken Parm Sandwiches, Cucumbers and Melon <u>Snack</u> WG Wraps w/ Sun Butter and Banana	23 <u>Breakfast</u> Chicken Nuggets, WG Toast and Pears <u>Lunch</u> WG French Toast Sticks, Turkey Sausage, Celery and Applesauce <u>Snack</u> Cheese Cubes and Carrot Sticks	24 <u>Breakfast</u> WG Cereal and Raisins <u>Lunch</u> Tomato Soup w/ WG Toasted Cheese Pockets and Oranges <u>Snack</u> Pear Crisp and Milk
27 <u>Breakfast</u> WG Toast, Scrambled Eggs and Mandarin Oranges <u>Lunch</u> Hamburgers on a WG Roll, Sweet Potato Fries and Kiwi <u>Snack</u> Cheese Sticks and Apples	28 <u>Breakfast</u> Apples & Bananas in a WG Wrap w/ Sun Butter <u>Lunch</u> Roasted Chicken, WG Rolls, Corn-on-the-cob and Pears <u>Snack</u> Tortilla Chips w/ Spinach/Cottage Cheese Dip	29 <u>Breakfast</u> WG Cereal and Berries <u>Lunch</u> WG Turkey & Cheese Sliders, Green Beans and Grapes <u>Snack</u> Fruit Cups and Milk Nutrition Activity: Let's explore and eat pears!!!	30 <u>Breakfast</u> Egg & Cheese on a WG English Muffin and Peaches <u>Lunch</u> Spinach & Cheese Quiche and Apples <u>Snack</u> Cheeze-It Crackers and Carrot Sticks	31 <u>Breakfast</u> WG Fruit Bread and Pears <u>Lunch</u> WG Chicken Nuggets, WG Rolls, Pickled Beets and Fruit Salad <u>Snack</u> Turkey Sticks and Milk

***Fat Free Milk is offered with every breakfast and lunch.**

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Rutland County Head Start/ Early Care and Education Program
April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p><u>Breakfast</u> Yogurt, Granola and Berries</p> <p><u>Lunch</u> Sloppy Joes on a WG Roll, Cucumbers and Pears</p> <p><u>Snack</u> Orange Wedges and Milk</p>	<p style="text-align: right;">4</p> <p><u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches</p> <p><u>Lunch</u> Chicken & WG Biscuits w/ Peas & Carrots and Mandarin Oranges</p> <p><u>Snack</u> WG English Muffin Pizzas</p>	<p style="text-align: right;">5</p> <p><u>Breakfast</u> WG Fruit Bread and Oranges</p> <p><u>Lunch</u> WG Spanish Rice, Pepper Sticks and Grapes</p> <p><u>Snack</u> Carrot Cake and Milk</p>	<p style="text-align: right;">6</p> <p><u>Breakfast</u> Eggs, WG English Muffins and Pears</p> <p><u>Lunch</u> WG Fish Sticks, Brown Rice, Carrot Puree and Peaches</p> <p><u>Snack</u> Yogurt and Graham Crackers</p>	<p style="text-align: right;">7</p> <p><u>Breakfast</u> Carrot Oatmeal and Bananas</p> <p><u>Lunch</u> WH Chicken Ranch Pasta Bake, Broccoli and Fruit Salad</p> <p><u>Snack</u> Melon Slices</p>
<p style="text-align: right;">10</p> <p><u>Breakfast</u> WG Cereal, Raisins and Cheese Sticks</p> <p><u>Lunch</u> WG Spaghetti & Meatballs, Cucumbers and Melon</p> <p><u>Snack</u> Apples and Milk</p>	<p style="text-align: right;">11</p> <p><u>Breakfast</u> Egg & Cheese Omelet, WG Toast and Oranges</p> <p><u>Lunch</u> WG Fish Tacos w/ Lettuce & Tomato and Pears</p> <p><u>Snack</u> Corn Bread and Broccoli</p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> WG Carrot Pancakes and Applesauce</p> <p><u>Lunch</u> Chicken Strips, Brown Rice, Veggie Egg Rolls and Kiwi</p> <p><u>Snack</u> Celery Sticks and Sun Butter</p>	<p style="text-align: right;">13</p> <p><u>Breakfast</u> WG bagel w/ Sun Butter and Bananas</p> <p><u>Lunch</u> WG Mac & Cheese, Broccoli and Melon</p> <p><u>Snack</u> Carrot Chips and Milk</p> <p>Nutrition Activity: Growing Carrot Tops!</p>	<p style="text-align: right;">14</p> <p><u>Breakfast</u> WG Fruit Bread and Pears</p> <p>Program Closes at Noon for Staff In-Service</p> <p><u>Lunch</u> Turkey Franks, Cinnamon Carrot Fries, WG Rolls and Apples</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">Program CLOSED Spring Break</p>	<p style="text-align: right;">18</p> <p style="text-align: center;">Program CLOSED Spring Break</p>	<p style="text-align: right;">19</p> <p style="text-align: center;">Program CLOSED Spring Break</p>	<p style="text-align: right;">20</p> <p style="text-align: center;">Program CLOSED Spring Break</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">Program CLOSED Spring Break</p>

Rutland County Head Start/ Early Care and Education Program

April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
<u>Breakfast</u> Carrot Muffins and Pears <u>Lunch</u> WG English Muffin Pizzas, Carrots Sticks and Apples <u>Snack</u> WG Goldfish Crackers and Milk	<u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches <u>Lunch</u> Chicken Alfredo w/ WG Tortellini, Broccoli and Oranges <u>Snack</u> Deviled Eggs and Carrot Bites	<u>Breakfast</u> WG Cereal, Hard Boiled Eggs and Bananas <u>Lunch</u> WG Chicken Nuggets, Carrot & Raisin Salad, WG Rolls and Melon <u>Snack</u> Fruit Salsa and Cinnamon Chips	<u>Breakfast</u> WG Pancakes and Applesauce <u>Lunch</u> Tacos w/ Lettuce, Tomato & Salsa in a WG Wrap and Melon <u>Snack</u> Cucumber Slices and Milk	<u>Breakfast</u> Yogurt, Granola and Berries <u>Lunch</u> Tuna on a WG Roll, Pepper Sticks and Berries <u>Snack</u> Cottage Cheese and Peaches
 <small>shutterstock.com · 576806872</small>	<p>Carrots come in many colors such as orange, yellow, white, red and purple!</p> <p>Carrots contain vitamin A which can help your eye sight!</p> <p>And they are the perfect crunchy snack!</p>	<p>What animals love to eat carrots?</p> <p>Rabbits, deer, horses, dogs, cats, groundhogs, ants, squirrel, pufferfish, foxes, elephants and even lions just to name a few!</p>	<p><u>Roasted Carrot "Fries"</u></p> <p>1 pound of carrots cut into ½ inch sticks 2 teaspoons olive oil 1/2/ teaspoon salt</p> <p>Toss carrot sticks in olive oil, arrange on a baking sheet, sprinkle w/ salt and bake at 450 for 10 to 12 minutes!</p>	<p><u>3-Ingredient Carrot Cake</u></p> <p>1-20oz can of crushed pineapple in juice 1 carrot cake box mix ¾ cup Greek yogurt</p> <p>Prepare a 13x9 pan. Set oven to 350. Mix together all the ingredients. Batter will be thick. Pour into pan. Bake for 35 minutes. Enjoy!</p>

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Rutland County Head Start/ Early Care and Education Program

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">1</p> <p><u>Breakfast</u> Turkey Sausage on a WG English Muffin and Oranges</p> <p><u>Lunch</u> Goulash (WG Pasta, Ground Beef & Sauce), Mixed Veggies and Melon</p> <p><u>Snack</u> Hard Boiled Eggs and Pepper Sticks</p>	<p style="text-align: right;">2</p> <p><u>Breakfast</u> Strawberry Oatmeal</p> <p><u>Lunch</u> MYO Turkey & Cheese on WG Bread, Carrot Sticks and Apples</p> <p><u>Snack</u> WG Snack Mix and Milk</p>	<p style="text-align: right;">3</p> <p><u>Breakfast</u> WG Breakfast Pizza (egg & cheese) and Peaches</p> <p><u>Lunch</u> WG Chicken Parm Sandwiches, Cucumbers and Melon</p> <p><u>Snack</u> WG Wraps w/ Sun Butter and Banana</p>	<p style="text-align: right;">4</p> <p><u>Breakfast</u> Chicken Nuggets, WG Toast and Pears</p> <p><u>Lunch</u> WG French Toast Sticks, Turkey Sausage, Celery and Strawberry Applesauce</p> <p><u>Snack</u> Cheese Cubes and Carrot Sticks</p>	<p style="text-align: right;">5</p> <p><u>Breakfast</u> WG Cereal and Raisins</p> <p><u>Lunch</u> Tomato Soup w/ WG Toasted Cheese Pockets and Oranges</p> <p><u>Snack</u> Strawberry 'Gnome' Muffins and Milk</p>
<p style="text-align: right;">8</p> <p><u>Breakfast</u> WG Toast, Scrambled Eggs and Peaches</p> <p><u>Lunch</u> Hamburgers on a WG Roll, Sweet Potato Fries and Oranges</p> <p><u>Snack</u> Cheese Sticks and Apples</p>	<p style="text-align: right;">9</p> <p><u>Breakfast</u> Apples & Bananas in a WG Wrap w/ Sun Butter</p> <p><u>Lunch</u> Roasted Chicken, WG Rolls, Corn-on-the-cob and Melon</p> <p><u>Snack</u> Tortilla Chips w/ Spinach/Cottage Cheese Dip</p>	<p style="text-align: right;">10</p> <p><u>Breakfast</u> WG Cereal and Berries</p> <p><u>Lunch</u> WG Wraps w/ Chicken, Strawberries & Bacon, Green Beans and Grapes</p> <p><u>Snack</u> Pear Cups and Milk</p>	<p style="text-align: right;">11</p> <p><u>Breakfast</u> Egg & Cheese on a WG English Muffin and Peaches</p> <p><u>Lunch</u> Spinach & Cheese Quiche and Apples</p> <p><u>Snack</u> Cheeze-It Crackers and Carrot Sticks</p>	<p style="text-align: right;">12</p> <p><u>Breakfast</u> Strawberry Muffins and Pears</p> <p><u>Lunch</u> WG Chicken Nuggets, WG Rolls, Pickled Beets and Fruit Salad</p> <p><u>Snack</u> Turkey Sticks and Milk</p>
<p style="text-align: right;">15</p> <p><u>Breakfast</u> Yogurt, Granola and Strawberries</p> <p><u>Lunch</u> Sloppy Joes on a WG Roll, Cucumbers and Pears</p> <p><u>Snack</u> Orange Wedges and Milk</p>	<p style="text-align: right;">16</p> <p><u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches</p> <p><u>Lunch</u> Chicken & WG Biscuits w/ Peas & Carrots and Mandarin Oranges</p> <p><u>Snack</u> WG English Muffin Pizzas</p>	<p style="text-align: right;">17</p> <p><u>Breakfast</u> WG Fruit Bread and Oranges</p> <p><u>Lunch</u> WG Spanish Rice, Pepper Sticks and Grapes</p> <p><u>Snack</u> Strawberry Shortcake and Milk</p>	<p style="text-align: right;">18</p> <p><u>Breakfast</u> Eggs, WG English Muffins and Pears</p> <p><u>Lunch</u> WG Fish Sticks, Brown Rice, Green Beans and Peaches</p> <p><u>Snack</u> Yogurt and Graham Crackers</p>	<p style="text-align: right;">19</p> <p><u>Breakfast</u> Oatmeal and Bananas</p> <p><u>Lunch</u> WH Chicken Ranch Pasta Bake, Broccoli and Fruit Salad w/ Strawberries</p> <p><u>Snack</u> Melon Slices</p>

Rutland County Head Start/ Early Care and Education Program

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>22</div> <div><u>Breakfast</u></div> <div>WG Cereal, Raisins and Cheese Sticks</div> <div><u>Lunch</u></div> <div>WG Spaghetti & Meatballs, Cucumbers and Kiwi</div> <div><u>Snack</u></div> <div>Apples and Milk</div>	<div>23</div> <div><u>Breakfast</u></div> <div>Egg & Cheese Omelet, WG Toast and Oranges</div> <div><u>Lunch</u></div> <div>WG Fish Tacos w/ Lettuce & Tomato and Pears</div> <div><u>Snack</u></div> <div>Corn Bread and Broccoli</div> <div>Nutrition Activity: Make Strawberry Ice Cream in a Bag!</div>	<div>24</div> <div><u>Breakfast</u></div> <div>WG Strawberry Tacos</div> <div><u>Lunch</u></div> <div>Chicken Strips, Brown Rice, Veggie Egg Rolls and Melon</div> <div><u>Snack</u></div> <div>Celery Sticks and Sun Butter</div>	<div>25</div> <div><u>Breakfast</u></div> <div>WG bagel w/ Sun Butter and Bananas</div> <div><u>Lunch</u></div> <div>WG Mac & Cheese, Broccoli and Applesauce</div> <div><u>Snack</u></div> <div>Strawberry Crisp and Milk</div>	<div>26</div> <div><u>Breakfast</u></div> <div>WG Fruit Bread and Pears</div> <div><u>Lunch</u></div> <div>Turkey Franks, Sweet Potato Fries, WG Rolls and Apples</div> <div><u>Snack</u></div> <div>Cheese Cubes and WG Crackers</div>
<div>29</div> <div>Program CLOSED Memorial Day</div>	<div>30</div> <div><u>Breakfast</u></div> <div>Cottage Cheese, WG Crackers and Peaches</div> <div><u>Lunch</u></div> <div>Chicken Alfredo w/ WG Tortellini, Broccoli and Oranges</div> <div><u>Snack</u></div> <div>Deviled Eggs and Carrot Sticks</div>	<div>31</div> <div><u>Breakfast</u></div> <div>WG Cereal, Hard Boiled Eggs and Bananas</div> <div><u>Lunch</u></div> <div>Strawberry & Cucumber Salad, Cheese Sticks WG Rolls and Melon</div> <div><u>Snack</u></div> <div>Fruit Salsa and Cinnamon Chips</div>		<div>Strawberries!!!</div> <div>Strawberries are the only fruit with seeds on the outside! 94% of Americans eat strawberries! The average person will eat 3.4 pounds each year! Eating 8 strawberries can give you 140% of your recommended vitamin C! The first strawberry was grown in France!</div>

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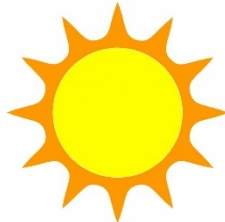
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Rutland County Head Start/ Early Care and Education Program

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Did you know?</p> <p>Watermelons are made up of 92% water?</p> <p>They are considered both a fruit & vegetable!</p> <p>They are related to cucumbers and pumpkins!</p> <p>The heaviest watermelon grown weighed in at 350lbs!</p> <p>The come in yellow, green, white and orange!</p>	<p>*Menu subject to change based upon availability.</p>	<p>1</p> <p><u>Breakfast</u></p> <p>WG Watermelon Muffins and Applesauce</p> <p><u>Lunch</u></p> <p>Tacos</p> <p>w/ Lettuce, Tomato & Salsa in a WG Wrap and Pears</p> <p><u>Snack</u></p> <p>Cucumber Slices and Milk</p>	<p>2</p> <p><u>Breakfast</u></p> <p>Watermelon & Orange Breakfast Salad and WG Bagels</p> <p><u>Lunch</u></p> <p>Tuna on a WG Roll, Pepper Sticks and Bananas</p> <p><u>Snack</u></p> <p>Cottage Cheese and Peaches</p>
<p>5</p> <p><u>Breakfast</u></p> <p>WG English Muffin w/ Eggs and Oranges</p> <p><u>Lunch</u></p> <p>Goulash</p> <p>(WG Pasta, Ground Beef & Sauce), mixed veggies and Watermelon & Cucumber Salad</p> <p><u>Snack</u></p> <p>Hard Boiled Eggs and Pepper Sticks</p>	<p>6</p> <p><u>Breakfast</u></p> <p>WG Cereal, Strawberries and Watermelon Juice</p> <p><u>Lunch</u></p> <p>Turkey, Stuffing, Mashed Potatoes & Gravy and Cranberry Sauce</p> <p><u>Snack</u></p> <p>Watermelon-Kiwi Popsicles, WG Snack Mix and Milk</p>	<p>7</p> <p><u>Breakfast</u></p> <p>Watermelon Pizza</p> <p><u>Lunch</u></p> <p>WG Chicken Parm Sandwiches, Carrots and Melon</p> <p><u>Snack</u></p> <p>WG Wraps w/ Sun Butter and Fruit</p> <p>Nutrition Activity</p> <p>Make Watermelon Balls!</p>	<p>8</p> <p>LAST DAY OF SCHOOL</p> <p><u>Breakfast</u></p> <p>Chicken Nuggets, WG Toast and Watermelon ‘Fries’</p> <p><u>Lunch</u></p> <p>WG Fish Sticks, Mixed Veggies, and Applesauce</p> <p><i>Please check with your child’s classroom about what time to join us for Happy Cow ice cream!</i></p>	<p>9</p> <p>Have a Great Summer!!!</p> 

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