










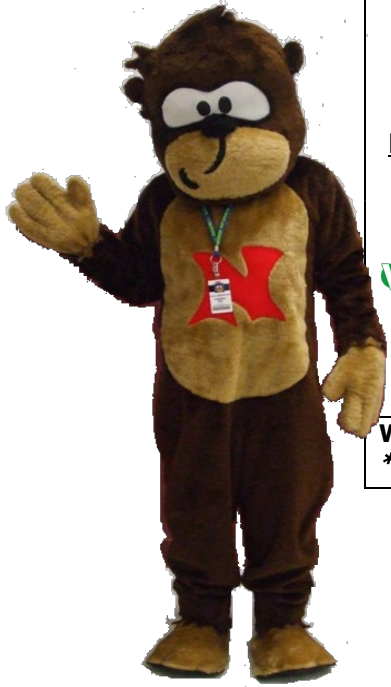


NISD HEAD START/EVEN START MENU (August-December 2019)



Week 1 - MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Blueberry Muffin ½ cup Fruit Milk	<u>Breakfast</u> Sausage Biscuit with Jelly Orange Juice Milk	<u>Breakfast</u> Pancake with Syrup ½ cup Fruit Milk	<u>Breakfast</u> Mini Yogurt Parfait Apple Juice Milk	<u>Breakfast</u> Cereal ½ cup Fruit Milk
<u>Lunch (choose 1 entrée)</u> • Teriyaki Chicken over Rice • Pizza Sticks  • Nic Lunch Kit	<u>Lunch (choose 1 entrée)</u> • Chicken Pepperoni Pasta • Chicken Nuggets • Yogurt Plate 	<u>Lunch (choose 1 entrée)</u> • Chili Cheese Bowl with Chips • Grilled Cheese 	<u>Lunch (choose 1 entrée)</u> • Chicken Sandwich • Creamy Mac & Cheese 	<u>Lunch (choose 1 entrée)</u> • Fish Nuggets • Pepperoni  • Cheese Pizza  • Deli Sandwich
Corn, Fresh Fruit & Milk	Mashed Potatoes, Mixed Fruit & Milk	Broccoli w/Cheese, Banana & Milk	Cucumber Slices, Applesauce & Milk	Baked Beans, Pears & Milk
WEEK 1: 8/26, 9/9, 9/23, 10/7, 10/21, 11/4, 11/18, 12/9, 1/6, 1/20, 2/3, 2/17, 3/2, 3/23, 4/6, 4/20, 5/4, 5/18, 6/1 *Shaded numbers are holiday Mondays <i>Thanksgiving Meal - Week 1 - November 21st</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Breakfast</u> Chicken Mini Biscuit Orange Juice Milk	<u>Breakfast</u> Cereal ½ cup Fruit Milk	<u>Breakfast</u> French Toast Sticks with Syrup ½ cup Fruit Milk	<u>Breakfast</u> Cereal Apple Juice Milk	<u>Breakfast</u> Cinnamon Muffin ½ cup Fruit Milk
<u>Lunch (choose 1 entrée)</u> • Sweet & Sour Chicken over Rice • Cheeseburger  • NIC Lunch Kit	<u>Lunch (choose 1 entrée)</u> • Pasta with Meat Sauce • Grilled Cheese 	<u>Lunch (choose 1 entrée)</u> • Flauta • Poppin' Chicken • Farmer NIC Salad  & Crackers	<u>Lunch (choose 1 entrée)</u> • Top Your Spuds with Cornbread  • Chicken Sliders	<u>Lunch (choose 1 entrée)</u> • Steak Fingers • Pepperoni or Cheese Pizza  • Turkey Italian Wrap
Fries, Blueberries & Milk	Green Beans, Mandarin Oranges & Milk	Mashed Potatoes, Banana & Milk	Celery and Cucumbers, Pears & Milk	Corn, Fresh Fruit & Milk
WEEK 2: 9/2, 9/16, 9/30, 10/14, 10/28, 11/11, 12/2, 12/16, 1/13, 1/27, 2/10, 2/24, 3/16, 3/30, 4/13, 4/27, 5/11, 5/25 *Shaded numbers are holiday Mondays <i>Holiday Meal - Week 2 - December 19th</i>				

Hi, I'm NIC. I am the NISD Child Nutrition Mascot. Join me for breakfast and lunch.



Variety of Milk (1 % White, Lactose-Free, Plain Soy Milk) offered daily

Contains Pork 

Vegetarian 

This institution is an equal opportunity provider.

Revised date: 5/17/19