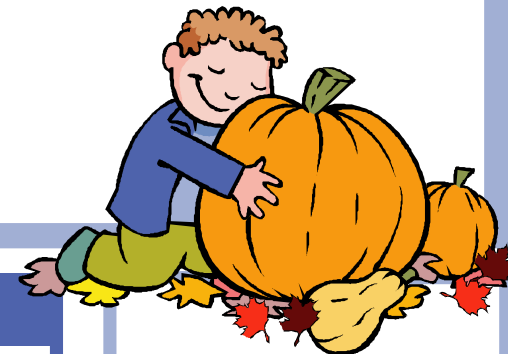


November 2009

Swartz Creek Head Start Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheeseburger/Bun Corn Pears Chilled Milk	Baked Ravioli & Garlic Toast Lettuce Salad/Dressing Peaches Chilled Milk	Chicken Patty/Bun Mixed Vegetables Grapes Chilled Milk	Wholegrain Pancakes & Sausage Links Orange Juice Warm Cinnamon Apples Chilled Milk	
9	10	11	12	13
Cheese Stuffed Breadsticks W /Marinara California Blend Mandarin Oranges Chilled Milk	Mini Chicken Corn Dog Multigrain Roll Baked Beans Mixed Fruit Chilled Milk	Chef Salad/Muffin (Lettuce, diced turkey ham, cheese and diced eggs) Banana Chilled Milk	Design Your Sub Ham, Turkey or Tuna Sub Sandwich Apricots Carrots/Dip Chilled Milk	
16	17	18	19	20
Galaxy Cheese Pizza Peas Applesauce Chilled Milk	Beef Dippers/Dip Flatbread Coleslaw Grapes Chilled Milk	Chicken Chunks/ Dip Multigrain Roll/Butter Sweet Potato Fries Pineapple Tidbits Chilled Milk	Cheese Omelet Blueberry Muffin Potato Stars Mandarin Oranges Chilled Milk	
23	24	25	26	27
Twisted Edge Pepperoni Pizza Lettuce Salad/Dressing Peaches Chilled Milk	Turkey & Gravy Mashed Potatoes Wholegrain Roll / Butter Green Beans Warm Cinnamon Apples Chilled Milk	Grilled Cheese Sandwich Tomato Soup Broccoli/Cauliflower w/Lo-fat Ranch Dip Chilled Milk	Thanksgiving Break NO SCHOOL	
30				
½ Ham Sandwich & Trix Yogurt Corn Mixed Fruit Chilled Milk				

Served Daily:
2-3 oz. meat or protein,
2/3 cup fruit/vegetable,
2-3 servings of bread/grains,
and ½ pint milk.
Milk choices include 1%
chocolate, 1% white and 1%
strawberry.

Menu is subject to change due
to availability of menu items.

Any questions or concerns call
Kathy Dubie at (810) 591-1858

