



FALL 2023 Head Start Snack Menu

DATES	Mon	Tue	Wed	Thu	Fri
08/07-08/11 09/04-09/08 10/02-10/06 10/30-11/03 11/27-12/01	WG Assorted Muffin 1 EACH 1% White Milk 1 EACH	Fresh Banana 1 EACH 1% White Milk 1 EACH	Fresh Orange 1 EACH 1% White Milk 1 EACH	Fresh Apple 1 EACH 1% White Milk 1 EACH	WG Graham Crackers 1 EACH 1% White Milk 1 EACH
08/14-08/18 09/11-09/15 10/09-10/13 11/06-11/10 12/04-12/08	Baby Carrots 1/2 CUP 1% White Milk 1 EACH	Fresh Banana 1 EACH 1% White Milk 1 EACH	Fresh Orange 1 EACH 1% White Milk 1 EACH	Fresh Apple 1 EACH 1% White Milk 1 EACH	WG Graham Crackers 1 EACH 1% White Milk 1 EACH
08/21-08/25 09/18-09/22 10/16-10/20 11/13-11/17 12/11-12/15	Baby Carrots 1/2 CUP 1% White Milk 1 EACH	Fresh Banana 1 EACH 1% White Milk 1 EACH	Fresh Orange 1 EACH 1% White Milk 1 EACH	Fresh Apple 1 EACH 1% White Milk 1 EACH	WG Assorted Muffin 1 EACH 1% White Milk 1 EACH
08/28-09/01 09/25-09/29 10/23-10/27 11/20-11/24	Baby Carrots 1/2 CUP 1% White Milk 1 EACH	Fresh Banana 1 EACH 1% White Milk 1 EACH	WG Graham Crackers 1 EACH 1% White Milk 1 EACH	Fresh Apple 1 EACH 1% White Milk 1 EACH	Fresh Orange 1 EACH 1% White Milk 1 EACH

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