### Breakfast Items Offered Everyday

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belgian Waffle w/ Syrup</td>
<td>360</td>
<td>65</td>
</tr>
<tr>
<td>Mini Pancakes w/Syrup</td>
<td>330</td>
<td>66</td>
</tr>
<tr>
<td>Chicken Biscuit WG Sandwich</td>
<td>250</td>
<td>31</td>
</tr>
<tr>
<td>Turkey Ham &amp; Cheese on a Hawaiian Bun</td>
<td>270</td>
<td>30</td>
</tr>
<tr>
<td>Maryland Made Cinnamon Roll</td>
<td>232</td>
<td>38</td>
</tr>
<tr>
<td>Mini Pancakes w/Syrup</td>
<td>330</td>
<td>66</td>
</tr>
<tr>
<td>Chicken Biscuit WG Sandwich</td>
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</tr>
<tr>
<td>Maryland Made Cinnamon Roll</td>
<td>232</td>
<td>38</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>60</td>
<td>16</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>16</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>16</td>
</tr>
</tbody>
</table>

### Lunch

#### Monday
- **08/28**: No Head-Start This Week

#### Tuesday
- **08/28**: Grilled Cheese WG Sandwich, Baby Carrots w/ Ranch
- **09/05**: Chicken Nuggets w/ Crinkle Cut Potatoes

#### Wednesday
- **08/28**: Chicken Nugget w/ Crinkle Cut Potatoes
- **09/06**: Spaghetti & Meatballs
- **09/07**: Crunchy Beef Taco
- **09/08**: Hamburger on WG Bun

#### Thursday
- **09/11**: Chicken WG Bites w/ Corn & Green Beans
- **09/12**: Hamburger on WG Bun w/ Crinkle Cut Potatoes
- **09/13**: BBQ Pulled Chicken Sandwich w/ Corn
- **09/14**: Turkey Frank+ on a Bun w/ Ranchero Beans
- **09/15**: Meatball Sub w/ Crinkle Cut Potatoes

#### Friday
- **09/18**: Teriyaki Beef Bites w/ Veg Rice & Roll
- **09/19**: Grape Tomatoes w/ Ranch
- **09/20**: Turkey Frank+ on a Bun w/ Ranchero Beans
- **09/21**: Chik’n WG Nuggets w/ Corn & Green Beans & Roll
- **09/22**: Hamburger on WG Bun w/ Crinkle Cut Potatoes

#### No School Day
- **09/25**: Assorted fruit and milk are available at every meal.
- **09/26**: Assorted fruit: Calories 20–127; Carbs 7–33
- **09/27**: Milk: Calories 90–120; Carbs 13–20

### Assorted fruit and milk
- Assorted fruit and milk are available at every meal.

### Menu Key:
- Cal = Calories
- Carb = Carbohydrates
- ~Beef
- *Pork
- +Poultry
- *Vegan
- WG = Whole Grain

### Standard Calorie/Carb Counts for Bread/Grains (calories/grams)
- Dinner Roll: 80 / 15
- Hamburger Bun: 140 / 27
- Hot Dog Bun: 130 / 26
- Scoops: 110 / 19

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This institution is an equal opportunity provider.