





Head Start PKC Breakfast Menu September 2024

Monday	Quantity	Tuesday	Quantity	Wednesday	Quantity	Thursday	Quantity	Friday	Quantity
September 2, 2024 No School		September 3, 2024 W.G. Croissant w/ a Slice of Cheese Applesauce Milk 1%	2 oz. .5 oz. 1/2 Cup 3/4 Cup	September 4, 2024 W.G. Low Fat Banana Muffin 100% Juice Milk 1%	2 oz. 4 oz. 3/4 Cup	September 5, 2024 Multi-Grain Cheerios Cereal Bowl Sliced Peaches Milk 1%	1 oz. 1/2 Cup 3/4 Cup	September 6, 2024 W.G. Vanilla Emoji Graham Crackers R.F. Mozzarella Stick Petite Banana Milk 1%	1 oz. 1 oz. 1 3/4 Cup
September 9, 2024 Cinn. Toast Crunch,wg R.S. Cereal Bowl Apple Slices Milk 1%	1 oz. Pk.(2 oz. 3/4 Cup	September 10, 2024 W. G. Pancakes Sliced Strawberries Milk 1%	3.03 oz. 1/2 Cup 3/4 Cup	September 11, 2024 1/2 English Muffin w/ Jelly and Butter 100% Juice Milk 1%	1 oz. 4 oz. 3/4 Cup	September 12, 2024 W.G. Kix Cereal Petite Apple Milk 1%	.5 oz. 1 3/4 Cup	September 13, 2024 W.G. Low Fat Choc. Chip Muffin Petite Banana Milk 1%	2 oz. 1 3/4 Cup
September 16, 2024 Honey Cheerios, wg Diced Pears Milk 1%	1 oz. 1/2 Cup 3/4 Cup	September 17, 2024 W.G. Croissant w/ a Slice of Cheese Applesauce Milk 1%	2 oz. .5 oz. 1/2 Cup 3/4 Cup	September 18, 2024 W.G. Low Fat Banana Muffin 100 % Juice Milk 1%	2 oz. 4 oz. 3/4 Cup	September 19, 2024 Multi-Grain Cheerios Cereal Bowl Sliced Peaches Milk 1%	1 oz. 1/2 Cup 3/4 Cup	No School	
September 23, 2024 Cinn. Toast Crunch,wg R.S. Cereal Bowl Apple Slices Milk 1%	1 oz. 2 oz. 3/4 Cup	September 24, 2024 Soft Pretzel Stick, wg Yogurt Cup Raisins Milk 1%	1 oz. 4 oz. 1.3 oz. 3/4 Cup	September 25, 2024 1/2 English Muffin w/ Jelly and Butter 100 % Juice Milk 1%	1 oz. 4 oz. 3/4 Cup	September 26, 2024 W.G. Kix Cereal Tropical Fruit Cup Milk 1%	.5 oz. 4 oz. 3/4 Cup	September 27, 2024 W.G. Low Fat Choc. Chip Muffin Petite Banana Milk 1%	2 oz. 1 3/4 Cup
September 30, 2024 Honey Cheerios, wg Petite Apple Milk 1%									

BREAKFAST GUIDELINES AGE 3-5:

- Milk 1%, ¾ Cup
 - Vegetable/Fruit or both, ½ Cup
 - Grains .5 oz. equivalent
 - Meat/MA may be served in place of the grain component up to 3 times per week.
- One (1) serving from all 3 components.

SYLVIE BACCARO

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PHILIP RADICK

ASSISTANT FOOD SERVICE MANAGER
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AMY DOLLARD

CAFETERIA MANAGER
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HEAD START CENTERS:

- Avon Grove
- Early Discovery Center
- Gordon
- Kennett Square
- Octorara
- TCHS Pickering
- West Chester

DUE TO SUPPLY CHAIN ISSUES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE