

September

2025

Breakfast Menu: 12 Months+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mandarin Orange Cup Multigrain Cheerios 1% Milk	2 Mixed Fruit Cup Egg & Cheese on an English Muffin 1% Milk	3 Fresh Red Apple Mini Pancakes w/ Syrup 1% Milk	4 Diced Peach Cup WG Croissant with Margarine 1% Milk	5	6
7 Straw. Applesauce Cup Chicken Sausage on Maple Pancakes 1% Milk	8 Fresh Clementine WG Corn Muffin 1% Milk	9 Fresh Pear WG Mini Waffles w/ Syrup 1% Milk	10 Fresh Golden Apple Kix Cereal 1% Milk	11 Fresh Banana Egg & American Cheese on Croissant 1% Milk	12	13
14 Applesauce Cup Raisin Bread with Cream Cheese 1% Milk	15 Fresh Clementine Egg & Cheese on WG Maple Pancake 1% Milk	16 Diced Peach Cup WG Banana Muffin 1% Milk	17 Mandarin Orange Cup French Toast Sticks w/ Syrup 1% Milk	18 Mixed Fruit Cup Chicken Sausage & Cheese on Croissant 1% Milk	19	20
21 Straw. Applesauce Cup WG Blueberry Muffin 1% Milk	22 Diced Peach Cup Honey WG Chicken Sausage on a Biscuit 1% Milk	23 Fresh Green Apple WG Mini Pancakes w/ Syrup 1% Milk	24 Fresh Banana Krispy Rice Cereal 1% Milk	25 Mandarin Orange Cup Egg & Cheese on an English Muffin 1% Milk	26	27
28 Fresh Clementine WG Mini Waffles w/ Syrup 1% Milk	29 Mixed Fruit Cup Egg & American Cheese on Croissant 1% Milk	30				

Three Meal Components:
Milk, Grain, & Fruit
(WG = Whole Grain)

Age 1 – 2: Whole Cow's Milk
Age 2 – 5: 1% Cow's Milk

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September

The Leaguers Inc. Head Start & Early Head Start

2025

Lunch Menu: 12 Months+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WG Popcorn Chicken w/ Sweet & Sour and WG Dinner Roll Green Beans Diced Pear Cup 1% Milk	2 WG Cheeseburger Calzone Cucumber Cup w/ Lt. Ranch Fresh Honeydew 1% Milk	3 Beef Meatball Parmigiana on a WG Hotdog Roll Green Peas Fresh Banana 1% Milk	4 WG Cavatappi Pasta & Broccoli w/ Alfredo Sauce WG Dinner Roll Mandarin Orange Cup 1% Milk	5 Chicken Empanadas Plantains Fresh Pear 1% Milk	6
7 Salisbury Steak w/ Teriyaki Brown Rice & Mixed Vegetables Oriental Mixed Vegetables Pineapple Cup 1% Milk	8 Cheese Lasagna w/ Spaghetti Sauce & WG Dinner Roll Cooked Collard Greens Fresh Watermelon 1% Milk	9 Beef Tacos w/ Cheddar Cheese WG Flour Tortillas Black Beans Mixed Fruit Cup 1% Milk	10 WG Mini Cheese Quesadilla Vegetarian Beans Fresh Red Apple 1% Milk	11 Roast Beef & Provolone on Potato Bun Cucumber Cup w/ Lt. Ranch Fresh Pear 1% Milk	12 WW 3x5 Cheese Pizza Mixed Salad & Cucumbers w/ Italian Dressing Fresh Cantaloupe 1% Milk	13
14 Chicken Meatballs w/ Panna Pasta in Red Sauce WG Dinner Roll Mixed Italian Vegetables Diced Pear Cup 1% Milk	15 Beef Meatloaf w/ Ketchup Whole Grain Dinner Roll French Fries Pineapple Cup 1% Milk	16 Swedish Chicken Meatballs on a WG Hotdog Roll Mixed Vegetables Mixed Fruit Cup 1% Milk	17 Tri Color Tortellini w/ Alfredo Sauce & WG Dinner Roll Cooked Broccoli Florets Fresh Pear 1% Milk	18 WW Pizza Bagel Mixed Salad & Cucumbers w/ Italian Dressing Fresh Watermelon 1% Milk	19 Mac & Cheese WG Dinner Roll Cooked Broccoli Florets Fresh Banana 1% Milk	20
21 Grilled Chicken Parmigiana WG Dinner Roll Cooked Baby Carrots Pineapple Cup 1% Milk	22 BBQ Beef Riblet Brown Rice & Mixed Vegetables Sweet Potato Fries Fresh Orange 1% Milk	23 All Beef Burger w/ Cheese & Ketchup on a Potato Bun Tator Tots Fresh Honeydew 1% Milk	24 WG Breaded Chicken Patty on Potato Bun w/ Ketchup Corn Peach Applesauce Cup 1% Milk	25	26	27
28	29	30				

Five Meal Components:
Milk, Meat/Meat Alternative, Grain,
Vegetable, & Fruit (WG = Whole Grain)

Age 1 – 2: Whole Cow's Milk
Age 2 – 5: 1% Cow's Milk

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Vegetarian Lunch Menu: 12 Months+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WG Veggie Nuggets w/ Sweet & Sour and WG Dinner Roll Green Beans Diced Pear Cup 1% Milk	2 WG Veggie Meatballs w/ Alfredo Sauce & WG Dinner Roll Green Beans Diced Pear Cup 1% Milk	3 WG Cheese Pizza Calzone Cucumber Cup w/ Lt. Ranch Fresh Honeydew 1% Milk	4 Veggie Beef Meatball Parmigiana on a WG Hotdog Roll Green Peas Fresh Nectarine 1% Milk	5 Bean & Cheese Burrito Plantains Fresh Pear 1% Milk	6
7	8 Veggie Meatballs w/ Teriyaki Brown Rice w/ Mixed Veggies Oriental Mixed Vegetables Pineapple Cup 1% Milk	9 Cheese Lasagna w/ Spaghetti Sauce & WG Dinner Roll Cooked Collard Greens Fresh Plum 1% Milk	10 Veggie Beef Tacos w/ Cheese WG Flour Tortillas Black Beans Mixed Fruit Cup 1% Milk	11 WG Cavatappi Pasta & Broccoli w/ Alfredo Sauce WG Dinner Roll Mandarin Orange Cup 1% Milk	12 WW 3x5 Cheese Pizza Mixed Salad & Cucumbers w/ Italian Dressing Fresh Cantaloupe 1% Milk	13
14	15 Veggies Meatballs w/ Penne Pasta in Red Sauce WG Dinner Roll Mixed Italian Vegetables Diced Pear Cup 1% Milk	16 Veggie Meatballs w/ Gravy Whole Grain Dinner Roll French Fries Pineapple Cup 1% Milk	17 WG Mini Cheese Quesadilla Vegetarian Beans Fresh Red Apple 1% Milk	18 Cheddar Cheese on Potato Bun Cucumber Cup w/ Lt. Ranch Fresh Pear 1% Milk	19 Mac & Cheese WG Dinner Roll Cooked Broccoli Florets Fresh Banana 1% Milk	20
21	22 WG Veggie Fillet Parmigiana WG Dinner Roll Cooked Baby Carrots Pineapple Cup 1% Milk	23 Mozzarella Sticks Brown Rice w/ Mixed Veggies Sweet Potato Fries Fresh Plum 1% Milk	24 Swedish Veggie Meatballs on a WG Hotdog Roll Mixed Vegetables Mixed Fruit Cup 1% Milk	25 Tri Color Tortellini w/ Alfredo Sauce & WG Dinner Roll Cooked Broccoli Florets Fresh Pear 1% Milk	26 WW Pizza Bagel Mixed Salad & Cucumbers w/ French Dressing Fresh Watermelon 1% Milk	27
28	29 WG Breaded Veggie Patty on Potato Bun w/ Ketchup Corn Peach Applesauce Cup 1% Milk	30 Veggie Burger w/ Cheese & Ketchup on a Potato Bun Tator Tots Fresh Honeydew 1% Milk				

Five Meal Components:

Milk, Meat/Meat Alternative, Grain,
Vegetable, & Fruit (WG = Whole Grain)

Age 1 – 2: Whole Cow's Milk
Age 2 – 5: 1% Cow's Milk

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Snack Menu: 12 Months+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 WG Chocolate Bear Grahams 100% Orange-Tangerine Juice	2 WG Animal Crackers 100% Grape Juice	3 WG Strawberry Waffle Grahams 100% Apple Juice	4 Mozzarella Cheese Stick WG Graham Crackers Water	5 WG Cinnamon Granola Peach Yogurt Water	6
7	8 WG Chocolate Bear Grahams 100% Orange-Tangerine Juice	9 WG Maple Sunrise Bites 100% Orange-Tangerine Juice	10 Mozzarella Cheese Stick WG Crackers Water	11 WG Cheese Goldfish Colors 100% Orange Juice	12 WG Cinnamon Granola Blueberry Yogurt Water	13
14	15 WG Honey Graham Crackers 100% Apple Juice	16 WG Pretzel Goldfish 100% Orange-Tangerine Juice	17 WG Animal Crackers 100% Grape Juice	18 Mozzarella Cheese Stick WG Graham Crackers Water	19 WG Cinnamon Granola Strawberry Banana Yogurt Water	20
21	22 W/G Chat Snacks 100% Orange Juice	23 WG Chocolate Tiger Bites 100% Grape Juice	24 WG Maple Sunrise Bites 100% Orange-Tangerine Juice	25 Mozzarella Cheese Stick WG Graham Crackers Water	26 WG Cinnamon Granola Peach Yogurt Water	27
28	29 WG Animal Crackers 100% Grape Juice	30 WG Chocolate Bear Grahams 100% Apple Juice				
Two of the Five Meal Components: Milk, Meat/Meat Alternative, Grain, Vegetable, & Fruit (WG = Whole Grain)						

Age 1 – 2: Whole Cow's Milk
Age 2 – 5: 1% Cow's Milk



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