



July/August 2025

# Headstart Menu



Monday

Tuesday

Wednesday

Thursday

Friday



4

Super Donut  
Cran/Raspberry Juice  
Applesauce

Lunch

BBQ Beef Sandwich  
Tater Tots  
Sliced Gala Apple

5

Confetti Pancakes  
\*Fruit Punch Juice  
Sliced Strawberries

Lunch

Cheddar Cheese  
Quesadilla  
Pinto Beans  
Watermelon Slices

6

Cinnamon Pastry  
Orange Tangerine Juice  
Pear Cup

Lunch

Orange Chicken w/  
Brown Rice  
Roasted Broccoli  
Fresh Strawberries

7

Banana Bread  
Strawberry Kiwi Juice  
Peaches & Pears

Lunch

Chicken Nuggets  
Spiral Cut French Fries  
Orange Wedges

8

Bagel Stuffed w/  
Strawberry Cream Cheese  
Apple Juice  
Peach Cup

Lunch

Pepperoni Pizza  
Green Beans  
Sliced Pears

11

Cheerios  
Cran/Raspberry Juice  
Strawberries

Lunch

Grilled Cheese Sandwich  
Green Beans  
Sliced Granny Smith Apple

12

Mini Maple Pancakes  
\*Fruit Punch Juice  
Applesauce

Lunch

Chicken Tacos  
Refried Beans  
Sliced Peaches

13

Egg & Cheese Sandwich  
Orange Tangerine Juice  
Peaches & Pears

Lunch

Meatloaf w/ Mashed  
Potatoes & Gravy  
Fresh Pineapple Slice

14

French Toast Sticks  
Strawberry Kiwi Juice  
Fresh Orange Wedges

Lunch

Chicken & Waffles  
Potato Rounds  
Cantaloupe Slices

15

Oatmeal Chocolate  
Chip Breakfast Bar  
Apple Juice  
Blueberries/Strawberries

Lunch

Beefy Macaroni  
Side Salad w/Ranch  
Orange Wedges

18

Breakfast Bites  
Cran/Raspberry Juice  
Applesauce

Lunch

Grilled Turkey Ham &  
Cheese Sandwich  
Tater Tots  
Sliced Peaches

19

Chocolate Chip Muffin  
\*Fruit Punch Juice  
Sliced Strawberries

Lunch

Bean & Cheese Burrito  
Corn & Green Chile  
Strawberries, Blackberries  
& Blueberries

20

French Toast  
Breakfast Bar  
Orange Tangerine Juice  
Sliced Apples

Lunch

Teriyaki Beef w/ Brown Rice  
Steamed Broccoli  
Fresh Strawberries

21

Turkey Sausage  
Breakfast Pizza  
Strawberry Kiwi Juice  
Peaches & Pears

Lunch

Cheeseburger  
Chili Beans  
Fresh Pineapple Slice

22

Cinnamon Bun  
Apple Juice  
Diced Peaches

Lunch

Chicken Spaghetti  
Cucumber and Ranch Salad  
Sliced Pears

25

Banana Chocolate Chunk  
Breakfast Bar  
Cran/Raspberry Juice  
Peach Cup

Lunch

Hamburger on a Bun  
Tater Tots  
Sliced Red Apple

26

French Toast Sticks  
\*Fruit Punch Juice  
Blueberries &  
Strawberries

Lunch

Beef & Cheese Burrito  
Pinto Beans  
Watermelon Slices

27

Eggo Waffle w/Syrup  
Orange Tangerine Juice  
Pear Cup

Lunch

Popcorn Chicken  
Buttered Corn  
Orange Wedges

28

Turkey Sausage, Egg  
Potato, Cheese Wrap  
Strawberry Kiwi Juice  
Applesauce

Lunch

Chicken Salad Sandwich  
Carrots & Ranch  
Cantaloupe

29

No School  
Staff Development



1% Milk Offered Daily for Breakfast & Lunch

\*Fruit Punch Juice contains apple, pear, jujube fruit, cherry, orange & pineapple juice.

Questions or concerns call 623-707-2059 or email us at [foodservice@fesd.org](mailto:foodservice@fesd.org)

This institution is an equal opportunity provider.