



September 2025

Headstart Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL 	2 Cheerios Cereal *Fruit Punch Juice Mandarin Oranges <u>Lunch</u> Bean & Cheese Burrito Corn & Green Chile Sliced Peaches	3 Mini Maple Waffles Orange Tangerine Juice Peaches & Pears <u>Lunch</u> Orange Chicken w/ Brown Rice Roasted Broccoli Mandarin Oranges	4 Egg & Cheese Burrito Strawberry Kiwi Juice Applesauce <u>Lunch</u> Cheeseburger Potato Smiles Sliced Strawberries	5 Chocolate Chip Muffin Apple Juice Peaches <u>Lunch</u> Cheese Pizza Green Beans Mango
8 Chex Cereal Cran/Raspberry Juice Peaches & Pears <u>Lunch</u> BBQ Beef Sandwich Tater Tots Sliced Peaches	9 Confetti Pancakes *Fruit Punch Juice Pineapple <u>Lunch</u> Chicken Quesadilla Pinto Beans Watermelon Slices	10 Super Donut Orange Tangerine Juice Fresh Banana <u>Lunch</u> Meatloaf Mashed Potatoes/Gravy Fresh Strawberries	11 Turkey Sausage, Egg Bagel Sandwich Strawberry Kiwi Juice Diced Pears <u>Lunch</u> Chicken Nuggets Buttered Corn Cantaloupe Slices	12 Oatmeal Chocolate Chip Breakfast Bar Apple Juice Mandarin Oranges <u>Lunch</u> Pepperoni Pizza Green Beans, Corn and Carrots Orange Wedges
15 Breakfast Bites Cran/Raspberry Juice Peach Applesauce <u>Lunch</u> Breaded Chicken Sandwich Crinkle Cut Fries Sliced Red Apple	16 Mini Blueberry Waffles *Fruit Punch Juice Diced Pears <u>Lunch</u> Chicken Tamale Refried Beans Fresh Strawberries	17 French Toast Breakfast Bar Orange Tangerine Juice Cinnamon Applesauce <u>Lunch</u> Beef Teriyaki Dippers w/Brown Rice Garlic Broccoli Mandarin Oranges	18 NO SCHOOL 	
22 Kix Cereal Cran/Raspberry Juice Peach Applesauce <u>Lunch</u> Cheeseburger Sliders Oven Roasted Broccoli Strawberries, Blackberries & Blueberries	23 French Toast Sticks *Fruit Punch Juice Pineapple <u>Lunch</u> Cheese Nachos Seasoned Black Beans Applesauce	24 Breakfast Bun Orange Tangerine Juice Sliced Apples <u>Lunch</u> Chicken Egg Roll Fried Rice Buttered Corn Fresh Strawberries	25 Cinnamon Pastry Strawberry Kiwi Juice Pears <u>Lunch</u> Cheese Quesadilla Crinkle Cut Fries Pineapple	26 NO SCHOOL 
29 Cheerios Cereal Cran/Raspberry Juice Peaches <u>Lunch</u> Hamburger on a Bun Carrots & Ranch Sliced Red Apple	30 Mini Cinnamon Waffles *Fruit Punch Juice Pears <u>Lunch</u> Beef Taco Stick Corn & Green Chile Orange Wedges			

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

This institution is an equal opportunity provider.