



December 2018 Early Head Start, Head Start, & CD Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
3 Chopped Empanadas (EHS) Empanadas (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	4 Chopped Meatball Marinara (EHS) Meatball Marinara (HS/DC) Rotini Pasta Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	5 Chopped Grilled Chicken Breast Brown Rice Steamed Corn Banana (EHS) Orange(HS/CD)	6 Homemade Macaroni & Cheese Steamed Broccoli Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	7 Chopped Sausage & Waffles (EHS) Sausage & Waffles (HS/CD) Steamed Carrots Sliced Pears (EHS) Pear (HS/CD)
10 Meatloaf w/ Tomato Sauce ½ WG Breadstick Steamed Broccoli Pineapple Tidbits (EHS) Granny Smith Apple (HS/CD)	11 Grilled Cheese Baked Beans Mandarin Oranges (EHS) Raisins (HS/CD)	12 Beef Nacho Meat w/ Soft Tortilla Wedges (EHS) Beef Nachos (HS/CD) Steamed Corn Banana (EHS) Orange (HS/CD)	13 Turkey w/ Gravy Chopped Turkey w/ Gravy (EHS) Cornbread Stuffing Seasoned Green Beans Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	14 Lowcountry Breakfast Bowl (Grits, Scrambled Eggs, & Bacon) Steamed Carrots Sliced Pears (EHS) Pear (HS/CD)
17 Shredded Pork BBQ w/ ½ WG Breadstick (EHS) BBQ Pulled Pork on WG Bun (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	18 Chopped Cheese Quesadilla (EHS) Cheese Quesadilla (HS/CD) Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	19 Chopped Orange Chicken (EHS) Orange Chicken (HS/CD) Brown Rice Steamed Carrots Banana (EHS) Orange(HS/CD)	20 Chopped Salisbury Steak (EHS) Salisbury Steak (HS/CD) WG Texas Toast Mashed Potatoes Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	21 Teriyaki Chicken Brown Rice Steamed Broccoli Sliced Pears (EHS) Pear (HS/CD)Biscuit Dried Fruit Half Day for Students
24 <i>Happy Holidays!</i>  Winter Break No School 31	25 <i>Happy Holidays!</i>  Winter Break No School	26 <i>Happy Holidays!</i>  Winter Break No School	27 <i>Happy Holidays!</i>  Winter Break No School	28 <i>Happy Holidays!</i>  Winter Break No School

Formula/breast milk,
baby food, baby
cereal, & transitional
foods provided upon
request.

**Milk served daily
with lunch.**
**1-2 year old Whole White
Milk**
2-5 years White Skim Milk

GF –Gluten Free
 EHS –Early Head Start
 HS/CD Head Start/ Child
 Development



**Nutrition Services
Charleston County
School District**

843-566-8180

www.ccsdschools.com

Charleston *excellence is our standard*
 County SCHOOL DISTRICT