



November 2018

Early Head Start, Head Start, & CD

Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
			1 Chopped Salisbury Steak (EHS) Salisbury Steak (HS/CD) WG Texas Toast Mashed Potatoes Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	2 Teriyaki Chicken Brown Rice Steamed Broccoli Sliced Pears (EHS) Pear (HS/CD)
5 Chopped Empanadas (EHS) Empanadas (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	6 NO SCHOOL 	7 Chopped Grilled Chicken Breast Brown Rice Steamed Corn Banana (EHS) Orange(HS/CD)	8 Homemade Macaroni & Cheese Steamed Broccoli Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	9 Chopped Sausage & Waffles (EHS) Sausage & Waffles (HS/CD) Steamed Carrots Sliced Pears (EHS) Pear (HS/CD)
12 Meatloaf w/ Tomato Sauce ½ WG Breadstick Steamed Broccoli Pineapple Tidbits (EHS) Granny Smith Apple (HS/CD)	13 Grilled Cheese Baked Beans Mandarin Oranges (EHS) Raisins (HS/CD)	14 Beef Nacho Meat w/ Soft Tortilla Wedges (EHS) Beef Nachos (HS/CD) Steamed Corn Banana (EHS) Orange (HS/CD)	15 Turkey w/ Gravy Chopped Turkey w/ Gravy (EHS) Cornbread Stuffing Seasoned Green Beans Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	16 Lowcountry Breakfast Bowl (Grits, Scrambled Eggs, & Bacon) Steamed Carrots Sliced Pears (EHS) Pear (HS/CD)
19 Chopped Grilled Chicken Breast Brown Rice Steamed Corn Pineapple Tidbits (EHS) Granny Smith Apple (HS/CD)	20 Homemade Macaroni & Cheese Steamed Broccoli Mandarin Oranges (EHS) Raisins (HS/CD)	21  No School Fall Break	22  No School Fall Break	23  No School Fall Break
26 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)	27 Chopped Cheese Quesadilla (EHS) Cheese Quesadilla (HS/CD) Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	28 Chopped Orange Chicken (EHS) Orange Chicken (HS/CD) Brown Rice Steamed Carrots Banana (EHS) Orange(HS/CD)	29 Chopped Salisbury Steak (EHS) Salisbury Steak (HS/CD) WG Texas Toast Mashed Potatoes Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	30 Teriyaki Chicken Brown Rice Steamed Broccoli Sliced Pears (EHS) Pear (HS/CD)

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

Fat free white and chocolate milk and a variety of fresh seasonal fruits are offered daily in addition to the items listed.

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