

BUFFUM & HEAD START MENU

Breakfast and Lunch

June 26 - July 21, 2023



Monday

Tuesday

Wednesday

Thursday

Friday

JUNE 26

Variety Cereal ☺
Mixed Fruit

Chicken Nuggets
Carrots* w/Ranch Drsg.
Fresh Apple Slices

27

Bagel
w/Cream Cheese
Peaches

Bean & Cheese Burrito 🌿
Corn
Fresh Plum

28

Variety Cereal ☺
Applesauce Cup

Hamburger
Mixed Vegetables
Fresh Banana

29

Concha
w/String Cheese
Pineapple

Chicken Sandwich
Corn
Wedged Oranges*

30

Variety Cereal ☺
Fresh Apple Slices
or Variety Fruit

Cheese Pizza 🌿
Carrots* w/Ranch Drsg.
Fresh Nectarine*
or Variety Fruit

JULY 3

Variety Cereal ☺
Mixed Fruit

Chicken Nuggets
Carrots* w/Ranch Drsg.
Fresh Apple Slices

4

5

Bagel
w/Cream Cheese
Applesauce Cup

Hamburger
Mixed Vegetables
Fresh Plum

6

Concha
w/String Cheese
Pineapple

Chicken Sandwich
Corn
Wedged Oranges*

7

Variety Cereal ☺
Fresh Apple Slices
or Variety Fruit

Cheese Pizza 🌿
Carrots* w/Ranch Drsg.
Fresh Nectarine*
or Variety Fruit

10

Variety Cereal ☺
Mixed Fruit

Chicken Nuggets
Carrots* w/Ranch Drsg.
Fresh Apple Slices

11

Bagel
w/Cream Cheese
Peaches

Bean & Cheese Burrito 🌿
Corn
Fresh Plum

12

Variety Cereal ☺
Applesauce Cup

Hamburger
Mixed Vegetables
Fresh Banana

13

Concha
w/String Cheese
Pineapple

Chicken Sandwich
Corn
Wedged Oranges*

14

Variety Cereal ☺
Fresh Apple Slices
or Variety Fruit

Cheese Pizza 🌿
Carrots* w/Ranch Drsg.
Fresh Nectarine*
or Variety Fruit

17

Variety Cereal ☺
or Manager's Special
Mixed Fruit

Chicken Nuggets
or Manager's Special
Carrots* w/Ranch Drsg.
Fresh Apple Slices

18

Bagel
w/Cream Cheese
or Manager's Special
Peaches

Bean & Cheese Burrito 🌿
or Manager's Special
Corn
Fresh Plum

19

Variety Cereal ☺
or Manager's Special
Applesauce Cup

Hamburger
or Manager's Special
Mixed Vegetables
Fresh Banana

20

Concha
w/String Cheese
or Manager's Special
Pineapple or Variety Fruit

Chicken Sandwich
or Manager's Special
Corn or Variety Vegetables
Wedged Oranges*
or Variety Fruit

21

Variety Cereal ☺
or Manager's Special
Fresh Apple Slices or Variety Fruit

Cheese Pizza 🌿
or Manager's Special
Carrots* w/Ranch Drsg.
or Variety Vegetables
Fresh Nectarine*
or Variety Fruit

KEY

- reduced-sugar cereal
- meatless (all breakfast items & sides are meatless)
- whole grain (all grains are whole grains)
- contains pork
- locally grown/sourced

The portion size for all items is one each unless stated otherwise.

OFFERED DAILY



- low fat white milk
- non fat white milk

Menus are subject to change without notice.
For more information, visit us on the web at
[http://www.lbschools.net/Departments/
Nutrition_Services/](http://www.lbschools.net/Departments/Nutrition_Services/)