

Signal Hill Head Start & Buffum Menu

Summer 2024






Offered Daily

BREAKFAST & LUNCH



Key

-  House-Made
-  Locally-Grown & Sourced
-  Vegetarian Entrees
-  Vegan Entrees
All fruits, fresh vegetables, & cereals are vegan.
-  Contains Pork
-  All grains are whole-grain rich

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.



MON	TUE	WED	THU	FRI
BREAKFAST Jun 24 Whole-Grain Cereals ✓ Mixed Fruit or Variety Fruit LUNCH Chicken Nuggets Fresh Apple Slices Fresh Baby Carrots ★	BREAKFAST 25 Bagel w/Cream Cheese ✓ Peaches or Variety Fruit LUNCH Bean & Cheese Empanada ✓ Fresh Orange Wedges ★ Mixed Salad Greens ★	BREAKFAST 26 Whole-Grain Cereals ✓ Applesauce Cup or Variety Fruit LUNCH Hamburger Fresh Banana Fresh Baby Carrots ★ or Variety	BREAKFAST 27 Muffin ✓ Pineapple or Variety Fruit LUNCH Chicken Sandwich Fresh Plum ★ Potato Rounds	BREAKFAST 28 Whole-Grain Cereals ✓ Fresh Apple Slices or Variety Fruit LUNCH Cheese Pizza ✓ Fresh Nectarine or Variety Fruit ★ Fresh Broccoli ★
BREAKFAST Jul 1 Whole-Grain Cereals ✓ Mixed Fruit or Variety Fruit LUNCH Bean & Cheese Empanada ✓ Fresh Apple Slices Fresh Baby Carrots ★	BREAKFAST 2 Bagel w/Cream Cheese ✓ Peaches or Variety Fruit LUNCH Chicken Nuggets Fresh Plum ★ Potato Rounds	BREAKFAST 3 Muffin ✓ Applesauce Cup or Variety Fruit LUNCH Hamburger Fresh Banana Fresh Baby Carrots ★ or Variety Veg.	 Independence Day	BREAKFAST 5 Whole-Grain Cereals ✓ Fresh Apple Slices or Variety Fruit LUNCH Cheese Pizza ✓ Fresh Nectarine or Variety Fruit ★ Fresh Broccoli ★ or Variety Veg.
BREAKFAST 8 Whole-Grain Cereals ✓ Mixed Fruit or Variety Fruit LUNCH Bean & Cheese Empanada ✓ Fresh Apple Slices Fresh Baby Carrots ★	BREAKFAST 9 Bagel w/Cream Cheese ✓ Peaches or Variety Fruit LUNCH Chicken Nuggets Fresh Plum ★ Potato Rounds	BREAKFAST 10 Whole-Grain Cereals ✓ Applesauce Cup or Variety Fruit LUNCH Hamburger Fresh Banana Fresh Baby Carrots ★ or Variety Veg.	BREAKFAST 11 Muffin ✓ Pineapple or Variety Fruit LUNCH Chicken Sandwich Fresh Orange Wedges ★ Mixed Salad Greens ★	BREAKFAST 12 Whole-Grain Cereals ✓ Fresh Apple Slices or Variety Fruit LUNCH Cheese Pizza ✓ Fresh Nectarine or Variety Fruit ★ Fresh Broccoli ★
BREAKFAST 15 Whole-Grain Cereals or Manager's Special ✓ Mixed Fruit or Variety Fruit LUNCH Bean & Cheese Empanada or Manager's Special ✓ Fresh Apple Slices Fresh Baby Carrots ★	BREAKFAST 16 Bagel w/Cream Cheese or Manager's Special ✓ Peaches or Variety Fruit LUNCH Chicken Nuggets or Manager's Special Fresh Plum ★ Potato Rounds	BREAKFAST 17 Whole-Grain Cereals or Manager's Special ✓ Applesauce Cup or Variety Fruit LUNCH Hamburger or Manager's Special Fresh Banana Fresh Baby Carrots ★ or Variety Veg.	BREAKFAST 18 Muffin or Manager's Special ✓ Pineapple or Variety Fruit LUNCH Chicken Sandwich or Manager's Special Fresh Orange Wedges ★ Mixed Salad Greens ★	BREAKFAST 19 Whole-Grain Cereals or Manager's Special ✓ Fresh Apple Slices or Variety Fruit LUNCH Cheese Pizza ✓ Fresh Nectarine or Variety Fruit ★ Fresh Broccoli ★

Children in Early Head Start classrooms will receive tortillas instead of nacho chips, cooked vegetables instead of raw vegetables and soft or canned fruits instead of fresh whole fruits, as appropriate.