



STEPS Head Start

Moving Lives Forward

September 2024 Menu

Head Start (Ages 3-5 years old)

Appomattox, Buckingham, and Nottoway

Monday – 2	Tuesday – 3	Wednesday – 4	Thursday – 5	Friday - 6
	¼ cup graham crackers, 4 oz. apple juice	4 club crackers, ½ cup tropical fruit, 4 oz. water	½ cup pineapple, ¼ cup Goldfish, 4 oz. water	¼ cup animal crackers, 4 oz. grape juice
Monday – 9	Tuesday – 10	Wednesday – 11	Thursday – 12	Friday - 13
½ cup pineapple, ¼ cup Goldfish crackers, 4 oz. water	½ string cheese, 5 Ritz crackers, 4 oz. water	½ cup pears, ¼ cup Cheez-Its, 4oz water	¼ cup pretzels, ½ cup applesauce, 4 oz. water	4oz apple Juice, ¼ cup graham crackers
Monday – 16	Tuesday – 17	Wednesday – 18	Thursday – 19	Friday - 20
4oz Grape Juice, ¼ cup Animal crackers	2 Cheese Cubes, 5 Ritz Crackers, 4oz water	½ Day Nottoway ¼ cup graham crackers, ½ Cup applesauce, 4oz water	½ cup Tropical Fruit, ¼ cup Goldfish, 4 oz. water	½ cup Mandarin oranges, 5 wheat thins, 4 oz. water
Monday – 23	Tuesday – 24	Wednesday - 25	Thursday - 26	Friday - 27
5 Ritz Crackers, 2 cheese cubes, 4 oz. water	¼ cup animal crackers, 4 oz. apple Juice	½ Day Appomattox and Buckingham ¼ cup Cheez-Its, ½ cup mandarin oranges, 4 oz. water	4 club crackers, ½ cup tropical fruit, 4 oz. water	2 cheese cubes, 5 wheat thins 4 oz. water
Monday - 30	Tuesday – 1	Wednesday – 2	Thursday – 3	Friday - 4
¼ cup pretzels, ½ cup applesauce, 4 oz. water	½ Cup pears, ¼ Cup Goldfish crackers, 4 oz. water	½ cup peaches, ¼ cup graham crackers, 4 oz. water	¼ cup animal crackers, 4 oz. grape Juice	½ string cheese, 5 Ritz crackers 4 oz. water

Menus are subject to change without notice. The milk served is unflavored 1% milk. Bread, tortillas, waffle, French toast sticks, cereal, some crackers, and rolls are whole grain rich. Appropriate substitutions will be made for children with documented allergies. This institution is an equal opportunity provider that participates in the USDA Child Adult Care Food Program.