



# Perrin Headstart Lunch Menu

## September 2019

**02**



**03**

**Fish Sticks  
w/ Mac & Cheese**

Green Beans  
Applesauce  
Choice of Milk

**04**

**Chicken Nuggets**

Baked Beans  
Diced Peaches  
Choice of Milk

**05**

**Sun Butter & Jelly  
Sandwich**

Broccoli  
Banana  
Choice of Milk

**06**

**Pepperoni Pizza**

Tomato Wedges  
Watermelon  
Choice of Milk

**09**

**Grilled Cheese**

French Fries  
Fruit Mix  
Choice of Milk

**10**

**Spaghetti  
w/Meat Sauce**

Green Beans  
Applesauce  
Choice of Milk

**11**

**Chicken Nugget**

Broccoli  
Diced Peaches  
Choice of Milk

**12**

**Hamburger**

Baked Beans  
Banana  
Choice of Milk

**13**

**Cheese Pizza**

Carrots  
Orange Juice  
Choice of Milk

**16**

**Breaded Chicken  
Sandwich**

French Fries  
Diced Peaches  
Choice of Milk

**17**

**Chicken Mashed  
Potato Bowl**

Green Beans  
Watermelon  
Choice of Milk

**18**

**Mini Chicken  
Corn Dogs**

Carrots  
Apple Juice  
Choice of Milk

**19**

**Beef Soft Tacos**

Refried Beans  
Banana  
Choice of Milk

**20**

**Pepperoni Pizza**

Broccoli  
Pineapple Tidbits  
Choice of Milk

**23**

**Cheese Stuffed  
Breadsticks**

Carrots  
Apple Juice  
Choice of Milk

**24**

**Chicken Nuggets**

Green Beans  
Diced Pears  
Choice of Milk

**25**

**Tater Bite Beef  
Nachos**

Refried Beans  
Diced Peaches  
Choice of Milk

**26**

**Hamburger**

French Fries  
Banana  
Choice of Milk

**27**

**Cheese Pizza**

Broccoli  
Applesauce  
Choice of Milk

**30**

**Popcorn Chicken**

Green Beans  
Orange  
Choice of Milk

**31**

**32**

**33**

**34**

More info...

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More info...

Community  
Eligibility  
Provision  
(CEP)

