



STEPS Head Start

Moving Lives Forward

August 2024 Menu

Head Start (Ages 3-5 years old)

Appomattox, Buckingham, and Nottoway

| Monday – 5 | Tuesday – 6 | Wednesday – 7 | Thursday – 8 | Friday – 9 |
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| Monday – 12 | Tuesday – 13 | Wednesday – 14 | Thursday – 15 | Friday – 16 |
| First Day Appomattox 5 Ritz Crackers, 2 cheese cubes, 4 oz. water | First Day Buckingham ¼ cup animal crackers, 4 oz. apple Juice | 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 – 19 | Tuesday – 20 | Wednesday – 21 | Thursday – 22 | Friday – 23 |
| ¼ cup pretzels, ½ cup applesauce, 4 oz. water | ½ Cup pears, ¼ Cup Goldfish crackers, 4 oz. water | First Day Nottoway 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 |
| Monday – 26 | Tuesday – 27 | Wednesday – 28 | Thursday – 29 | Friday – 30 |
| ½ cup peaches, ¼ cup Goldfish, 4 oz. water | ½ string cheese, 5 Ritz Crackers, 4 oz. water | ½ cup mandarin oranges, ¼ cup Cheez-Its, 4 oz. water | ¼ cup graham crackers, 4 oz. apple juice | No School Nottoway ¼ cup pretzels, 4 oz. grape juice |

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.