

October Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Breakfast Pizza Cereal/Toast Yogurt String Cheese Juice/Fruit	2 Cinnamon Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	3 Breakfast Quesadilla Cereal/Toast Yogurt String Cheese Juice/Fruit	4 Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	5 English Muffin, Egg & Bacon Cereal/Toast Yogurt String Cheese Juice/Fruit	6	7
8 Waffles Cereal/Toast Yogurt String Cheese Juice/Fruit	9 Monkey Bread Cereal/Toast Yogurt String Cheese Juice/Fruit	10 Omelets Cereal/Toast Yogurt String Cheese Juice/Fruit	11 Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	12 Doughnuts Cereal/Toast Yogurt String Cheese Juice/Fruit	13	14
15 Breakfast Bars Cereal/Toast Yogurt String Cheese Juice/Fruit	16 Sticky Buns Cereal/Toast Yogurt String Cheese Juice/Fruit	17 NO SCHOOL PROFESSIONAL DEVELOPMENT	18 NO SCHOOL TEACHERS CONVENTION	19 NO SCHOOL TEACHERS CONVENTION	20	21
22 Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit	23 Cinnamon Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	24 Egg Bake Cereal/Toast Yogurt String Cheese Juice/Fruit	25 Apple Turnovers Cereal/Toast Yogurt String Cheese Juice/Fruit	26 Biscuits & Gravy Cereal/Toast Yogurt String Cheese Juice/Fruit	27	28
29 French Toast Cereal/Toast Yogurt String Cheese Juice/Fruit	30 Long Johns Cereal/Toast Yogurt String Cheese Juice/Fruit	31 All meals are served with whole grain bread, peanut butter and jelly; 1% skim or chocolate milk. Fruit is offered daily with breakfast. Fresh Fruit is available on Tuesday and Thursday. Breakfast is served with juice or milk.				

This institution is an equal opportunity provider.

All Menus are subject to change without notice.

October Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
Crispitos Rice California Blend Fruit	Ham & Cheese Pita Pockets Carrots Fresh Fruit	Chicken Nugglets Mac & Cheese Broccoli Fruit	Goulash W.G. Dinner Rolls Green Beans Fresh Fruit	Chicken Tortilla Soup Salad Bar Fruit		
8	9	10	11	12	13	14
Nachos Salad Bar Fruit	Chicken Salad on Croissant Buns Peas Fresh Fruit	Meatballs Mashed Potatoes Gravy W.G. Dinner Rolls Carrots Fruit	Sloppy Joes W.G. Buns Tater Tots Green Beans Fresh Fruit	Carne Asada Tacos Corn or Flour Tortillas Corm Pico de Gallo Fruit		
15	16	17	18	19	20	21
Hotdogs W.G. Bun Sun Chips Baked Beans Fruit	Chicken & Dumplings Carrots Fresh Fruit	NO SCHOOL PROFESSIONAL DEVELOPMENT	NO SCHOOL TEACHERS CONVENTION	NO SCHOOL TEACHERS CONVENTION	NO SCHOOL TEACHERS CONVENTION	
22	23	24	25	26	27	28
Pizza Salad Bar Fruit	Hot Italian Subs Hoogie Buns Green Beans Fresh Fruit	Chicken Drumsticks Baby Baker Potatoes Corn Fruit	Cheesy Ham & Mac W.G. Dinner Rolls Carrots Fresh Fruit	Santa Fe Wraps Fiesta Vegetables Fruit		
29	30	31	<p>All meals are served with whole grain bread, peanut butter and jelly; 1% skim or chocolate milk.</p> <p>Fruit is offered daily with breakfast.</p> <p>Fresh Fruit is available on Tuesday and Thursday. Breakfast is served with juice or milk.</p> <p>All Menus are subject to change without notice.</p>			
Chicken Alfredo W.G. Dinner Rolls Peas Fruit	Taco-in-a-Bag Salad Bar Fresh Fruit		<p>This institution is an equal opportunity provider.</p>			

Headstart October Snack

Snacks

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>Graham Crackers/ Fruit Cocktail</p>	<p>3</p> <p>Peanut Butter & Jelly Sandwich Milk</p>	<p>4</p> <p>Breccoli w/ Ranch Goldfish Crackers</p>	<p>5</p> <p>Cottage Cheese Pears</p>
<p>9</p> <p>Cheese Sticks Crackers</p>	<p>10</p> <p>Cucumbers w/ Ranch Milk</p>	<p>11</p> <p>Oranges Cheese Sticks</p>	<p>12</p> <p>Yogurt Graham Crackers</p>
<p>16</p> <p>Chips + Salsa Milk</p>	<p>17</p> <p>Apples + Peanut Butter</p>	<p>18</p> <p>NO</p>	<p>19</p> <p>SCHOOL</p>
<p>23</p> <p>Bananas Peanut Butter</p>	<p>24</p> <p>Yogurt + Strawberries</p>	<p>25</p> <p>Blueberry Muffins Milk</p>	<p>26</p> <p>Apples + Crackers</p>
<p>30</p> <p>Pears Graham Crackers Milk</p>	<p>31</p> <p>Carrots w/ Ranch Goldfish Crackers</p>		