

October Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Omelets Cereal/Toast Yogurt String Cheese Juice/Fruit	Pancake Wraps Cereal/Toast Yogurt String Cheese Juice/Fruit	Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	Lemon Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	
6	7	8	9	10	11	12
	Blueberry Bread Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Burritos Cereal/Toast Yogurt String Cheese Juice/Fruit	Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit	Egg Bake Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Sandwiches Cereal/Toast Yogurt String Cheese Juice/Fruit	
13	14	15	16	17	18	19
	Pop Tarts Cereal/Toast Yogurt String Cheese Juice/Fruit	Danishes Cereal/Toast Yogurt String Cheese Juice/Fruit	Eggstravaganza Cereal/Toast Yogurt String Cheese Juice/Fruit			
20	21	22	23	24	25	26
	Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Waffles Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Bars Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Pizza Cereal/Toast Yogurt String Cheese Juice/Fruit		
27	28	29	30	31		
	Chocolate Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Banana Bread Cereal/Toast Yogurt String Cheese Juice/Fruit	Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	Muffins Cereal/Toast Yogurt String Cheese Juice/Fruit		

All menus are served with whole grain bread, peanut butter, and jelly. All milk is third date milk. Fruit is served daily with the kitchen. Fruit is available on Tuesday and Thursday. Breakfast is served with juice or milk.

All menus are subject to change without notice.

This institution is an equal opportunity provider.

October Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Hot Dog Baked Beans Fresh Fruit	Chicken Cordon Bleu Rice Carrots Fruit	Carne Asada Tacos Corn Pico de Gailo Fresh Fruit	French Bread Pizza Salad Bar Fruit	
6	7	8	9	10	11	12
	Stuffed Chicken Baby Potatoes Broccoli Fruit	Chicken Fried Steak Mashed Potatoes Gravy Corn Fresh Fruit	Hamburgers Hamburger Buns Baked Beans Fruit	Chicken Drumstick Sun Chips Green Beans Fresh Fruit	Taco Flour Tortillas Salad Bar Fruit	
13	14	15	16	17	18	19
	Orange Chicken Fried Rice Peas Fruit	Tater Tot Hotdish W.G. Dinner Rolls Corn Fresh Fruit	Pulled Pork W.G. Bun Carrots Fruit	No School Teachers Convention	No School Teachers Convention	
20	21	22	23	24	25	26
	Corndogs Green Beans Fruit	Sausage Sun Chips Carrots Fresh Fruit	Chicken Burgers California Blend Fruit	Meatballs Mashed Potatoes Gravy Broccoli Fresh Fruit	No School Professional Development	
27	28	29	30	31		
	Chicken Nuggets Mac & Cheese Peas Fruit	Chili Cheese Crackers Corn Fresh Fruit	Chicken Fajitas Fajita Vegetables Fruit	Pizza Cheese Bread Sticks Salad Bar Fresh Fruit		

All meals served all with de-caffeinated coffee. All meals are served with milk. Fruit is served daily with breakfast. Fruit is available on Tuesdays and Thursdays. Breakfast is served with coffee and milk.

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Head Start October

Snacks

Monday	Tuesday	Wednesday	Thursday
	Cheese Sticks (1) Goldfish Crackers	Yogurt (2) Strawberries	Crispy Bites (3) Milk
Cereal (4) Milk	Pretzels (8) Cheese Cubes	Carrots (9) w/ Ranch Goldfish Crackers	Bananas (10) Peanut Butter Milk
Oranges (14) Milk	Chips $\frac{1}{2}$ (15) Salsa Peppers w/ Ranch	Teddy Grahams (16) Applesauce	(17) No School Teacher's Convention
Cottage Cheese (21) Peaches	Peanut Butter (22) $\frac{1}{2}$ Jelly Sandwiches Milk	Cucumbers (23) w/ Ranch Goldfish Crackers	Oranges (24) Cheese sticks
Apples (28) Peanut Butter	Meat and Cheese Tray (29) Ritz Crackers	Broccoli (30) w/ Ranch Oyster Crackers	Blueberry Muffins (31) Milk