

Head Start October

Snacks

Monday	Tuesday	Wednesday	Thursday
		Cheese sticks Crackers ①	Peanut Butter + Jelly Sandwiches Milk ②
Peaches ⑥ Cottage Cheese	Carrots ⑦ w/ Ranch Oyster Crackers	Graham crackers ⑧ + Cheese Cubes	Apple Sauce ⑨ Crackers
Pretzels ⑬ Cheese sticks	Oranges ⑭ Milk	Yogurt ⑮ Strawberries	NO School ⑯
Chips + Salsa ⑳ Peppers w/ Ranch	Teddy Grahams ㉑ Milk	Banana's ㉒ Peanut Butter	Meat + Cheese tray ㉓ Ritz Crackers
Cereal ㉗ Milk	Apples w/ Peanut butter ㉘	Broccoli w/ Ranch Crackers ㉙	Blueberry Muffins ㉚ Milk

October Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	Omelets Cereal/Toast Yogurt String Cheese Juice/Fruit	Toast w/PB & Jelly Cereal/Toast Yogurt String Cheese Juice/Fruit	
5	6	7	8	9	10	11
	Scrambled Eggs Cereal/Toast Yogurt String Cheese Juice/Fruit	Bagels Cereal/Toast Yogurt String Cheese Juice/Fruit	Waffles Cereal/Toast Yogurt String Cheese Juice/Fruit	Eggstravaganza Cereal/Toast Yogurt String Cheese Juice/Fruit	Biscuits & Gravy Cereal/Toast Yogurt String Cheese Juice/Fruit	
12	13	14	15	16	17	18
	Egg Bake Cereal/Toast Yogurt String Cheese Juice/Fruit	Chocolate Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Muffins Cereal/Toast Yogurt String Cheese Juice/Fruit	No School	No School	
19	20	21	22	23	24	25
	Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	Banana Bread Cereal/Toast Yogurt String Cheese Juice/Fruit	Scones Cereal/Toast Yogurt String Cheese Juice/Fruit	Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit	Egg Bites Cereal/Toast Yogurt String Cheese Juice/Fruit	
26	27	28	29	30	31	
	French Toast Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Bars Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Sandwiches Cereal/Toast Yogurt String Cheese Juice/Fruit	Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Pizza Cereal/Toast Yogurt String Cheese Juice/Fruit	

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.

All menus are subject to change without notice.

October Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			Pulled Pork Sandwiches W.G. Buns Hash Browns Peas Fruit	Chicken Drumsticks Corn Fresh Fruit	Crispitos California Blend Fruit	
5	6	7	8	9	10	11
	Chicken Nuggets Mac & Cheese Broccoli Fruit	Hamburgers W.G. Buns Baked Beans Fresh Fruit	Chicken Burgers Smiley Fries Carrots Fruit	Spaghetti Bake California Blend Fresh Fruit	Honey Mustard Chicken Rice W.G. Dinner Rolls Green Beans Fruit	
12	13	14	15	16	17	18
	Corndogs Sun Chips Peas Fruit	Meatballs w/Gravy Mashed Potatoes W.G. Dinner Rolls Cory Fresh Fruit	Philly Steak Sandwich Salad Bar Fruit	No School – Teacher's Convention	No School – Teacher's Convention	
19	20	21	22	23	24	25
	Chicken Wings Green Beans Fruit	Tater Tot Hotdish W.G. Dinner Rolls Corn Fresh Fruit	Orange Chicken Fried Rice Broccoli Fruit	Hot Dogs W.G. Buns Baked Beans Fresh Fruit	Upside Down Pizza Salad Bar Fruit	
26	27	28	29	30	31	
	Chicken Fajitas Fajita Vegetables Fruit	Sausage Smiley Fries Peas Fresh Fruit	Chili Crackers Salad Bar Fruit	Sweet & Sour Chicken Fried Rice Broccoli Fresh Fruit	Goulash W.G. Dinner Rolls Corn Fruit	

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This institution is an equal opportunity provider.