

Whole grain and whole wheat are used whenever possible for bread, pasta, tortillas. All breakfasts and lunches are served with 1% milk. All sides are 100%.



Menus are subject to change without notice due to product availability.

OCTOBER 2020 HEAD START MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST	28 Yogurt Grapes	29 Waffle Sticks Fruit	30 Oatmeal Raisins	1 Cereal Fruit	2 Pancake Fruit	3
LUNCH	Chicken & Rice Peas Fruit	Ham & Noodle Casserole Green Beans Fruit	Spanish Rice Refried Beans Fruit	Hot Dog Cheese Stick Hash Browns Fruit	Taquitos Nacho Cheese Corn Cinnamon Apples	
AFTERNOON SNACK	Goldfish Applesauce	Animal Crackers Fruit	Tortilla Peanut Butter Banana	Doritos Grape Juice	Teddy Grahams Fruit	
	5 Yogurt Fruit	6 Bagel Fruit	7 English Muffin Fruit	8 Pancake Fruit	9 Cereal Fruit	10
	Chicken & Stuffing Casserole Carrots Fruit	Cheesy Ham & Rice California Medley Fruit	Goulash Corn Fruit	Tuna & Noodles Peas Fruit	Cheeseburger French Fries Fruit	
	Pretzels Apple Juice	Popcorn Fruit	Peanut Butter Slider Fruit	Animal Crackers Fruit	Graham Crackers Fruit	
11	12 Columbus Day No School	13 Tortilla Peanut Butter Fruit	14 Cereal Fruit	15 Waffle Sticks Fruit	16 Yogurt Fruit	17
		Chicken Alfredo Tossed Salad Garlic Bread Fruit	Meatloaf Baked Beans Dinner Roll Fruit	Ham & Bean Soup Cornbread Cheese Stick Fruit	Corndog Potato Wedges Fruit	
		Chex mix Fruit	Popcorn Raisins	Baby Carrots w/dip Wheat Crackers	Corn Chips Juice	
18	19 Breakfast Burrito Fruit	20 Waffle Sticks Fruit	21 Pancakes Fruit	22 Blueberry Muffin Fruit	23 Cereal Fruit	24
	Turkey & Cheese Sandwich Sweet Potato Fries Fruit	Scrambled Eggs Hash Browns Fruit Tortilla	English Muffin Pizza Corn Fruit	Hamburger Stroganoff Peas Fruit	Fish Nuggets French Fries Fruit Bread	
	Goldfish Fruit	Pretzels Fruit	Animal Crackers Fruit	Graham Crackers Fruit	Chex Mix Juice	
25	26 Omelet Tortilla Juice	27 French Toast Fruit	28 Yogurt Fruit	29 Cinnamon Apples Muffin	30 Cereal Fruit	31
	Chicken & Noodles Peas & Carrots Fruit	Taquito/salsa Cheese Stick Baby Carrots Fruit	Spaghetti Corn Fruit	Tater Tot Casserole Green Beans Fruit Bread	Breaded Chicken Sandwich Baked Beans Fruit	
	Corn Chips Fruit	Teddy Grahams Fruit	Goldfish Juice	Pretzels Celery Sticks	Popcorn Craisins	

Menu is subject to change on a daily basis. Due to shortages of certain items, we have had to change the menu several times. Sorry for any inconvenience.