

Whole grain and whole wheat are used a minimum of once daily for bread, tortillas, pasta, etc. All breakfasts and lunches are served with 1% milk. All juices are



100%. Menus are subject to change, without notice, due to product availability.

NOVEMBER 2018 HEAD START MENU

55	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>29 Pancakes Peanut Butter Applesauce</p> <p>Ham Sweet Potatoes Tropical Fruit Dinner Roll</p> <p>Trail Mix Milk</p>	<p>30 English Muffin Strawberries</p> <p>Chicken Alfredo Tossed Salad Garlic Bread Blueberries</p> <p>Bagel/peanut butter Milk</p>	<p>31 Pumpkin Muffin Pineapple</p> <p>Chili Oyster Crackers French Fries Cheese Apple Slices</p> <p>Early Dismissal 12:30</p>	<p>1 Waffle Sticks Peaches</p> <p>Some More Casserole Green Beans Fruit Cocktail</p> <p>Pretzels Apple Juice</p>	<p>2 Cereal Pears</p> <p>Chicken Strips Potato Wedges Bread Oranges</p> <p>Yogurt Teddy Grahams</p>	3
4	<p>5 Omelet Mandarin Oranges</p> <p>Mac n Cheese Brussel Sprouts Fruit Cocktail</p> <p>Goldfish Milk</p>	<p>6 Tortilla Peanut Butter Banana</p> <p>Swedish Meatballs Brown Rice Broccoli Tropical Fruit</p> <p>Cottage Cheese Pineapple</p>	<p>7 Oatmeal Peaches</p> <p>Breaded Beef Patty On Bun w/pickles Tater Tots Cantaloupe</p> <p>Early Dismissal 12:30</p>	8 NO SCHOOL	9 NO SCHOOL	10
11	<p>12 Breakfast Burrito Grape Juice</p> <p>Sloppy Joes Baked Beans Tropical Fruit</p> <p>Tortilla Chips Salsa Milk</p>	<p>13 Bagel w/cream cheese Apricots</p> <p>Chicken and Rice Peas Fruit Cocktail</p> <p>Graham Crackers Applesauce</p>	<p>14 Malt-O-Meal Banana</p> <p>English Muffin Pizza Tossed Salad Cherries</p> <p>Early Dismissal 12:30</p>	<p>15 Waffle Sticks Strawberries</p> <p>Omelet w/cheese Sausage Hash Browns Oranges Muffin</p> <p>Peaches Milk</p>	<p>16 Cereal Blueberries</p> <p>Fish Sticks Potato Wedges Mandarin Oranges Bread</p> <p>Trail Mix Raisins</p>	17
18	<p>19 Yogurt Pineapple</p> <p>Goulash Green Beans Pears</p> <p>Tortilla Peanut Butter Milk</p>	<p>20 Oatmeal Raisins</p> <p>Chicken Noodle Soup Oyster Crackers Cheese Sandwich Mandarin Oranges</p> <p>Cheese Stick Sliced Apples</p>	<p>21 Cereal Blueberries</p> <p>Corndog French Fries Tropical Fruit</p> <p>Early Dismissal 12:30</p>	22 NO SCHOOL	23 NO SCHOOL	24
25	<p>26 Pigs in a Blanket Applesauce</p> <p>Beef Fingers Corn Fruit Cocktail Bread</p> <p>Cereal Milk</p>	<p>27 English Muffin Banana</p> <p>Ham & Scalloped Potatoes Broccoli Tropical Fruit Dinner Roll</p> <p>Pretzels Grape Juice</p>	<p>28 French Toast Mandarin Oranges</p> <p>Tater Tot Casserole Peas & Carrots Pineapple Bread</p> <p>Early Dismissal 12:30</p>	<p>29 Pancakes Cinnamon Apples</p> <p>Chili Oyster Crackers Cheese Stick Carrots/peppers w/dip Pears</p> <p>Corn Chips Milk</p>	<p>30 Cereal Strawberries</p> <p>Hamburger French Fries Grapes</p> <p>Cheese Crackers</p>	