









Head Start November 2017

Menu Subject to Change.

Menus created by Evelyn Klironomos, RDN, LDN

revised 10/24/17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Head Start staff must check with school manager and/or school staff for correct portion sizes for items. For example, how many chicken nuggets, cheese sticks, etc. are to be served to count as 1 serving, what size scoop or spoodle is to be used for serving spaghetti?				
*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.	Yellow highlighted menu items indicate that these menu items differ from menu items offered at the feeder school.	Note: Some schools may have a non-pork version of items that have the pork symbol listed. If this is the case, the manager will let the site know.	Milk: 1% White milk offered at breakfast and lunch daily. When juice is listed, the feeder school will choose 1 flavor to send to the site(s).	All our grain & bread products at breakfast & lunch are whole-grain rich.☺
<div> This symbol indicates that the product is made with Pork.</div> <div> This symbol indicates that the product is made with Beef.</div> <div> This symbol indicates that the product is made with Turkey.</div> <div> This symbol indicates that the item is vegetarian or lacto-vegetarian.</div>		1 Early Release Day Breakfast: Pancake Sausage Wrap,   (Non-pork offer cereal), ½ c Pears Entrée: Chicken Fryz w/ 2 oz. Roll Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	2 Breakfast: *Cereal  , small Fresh Fruit Entrée: Rib-B-Q on a Hamburger Bun  (non-pork offer turkey sand.) Sides: ½ c Tossed Salad & ¼ c Pears	3 Breakfast: 2 French Toast Sticks  , small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese  Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Peaches
6 Breakfast: Mini Maple Pancakes  , ½ c Pears Entrée: Cheese Sticks w/ Marinara  Sides: ¼ c Green Beans & ½ c Strawberry Cup	7 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Taco w/ Cheese & Salsa  (Non-pork offer 1 ½ oz chz taco) Sides: ¼ c Cheesy Beans & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	8 Early Release Day Breakfast: *Cereal  , ½ c Peaches Entrée: Mini Corndogs  Sides: ¼ c Broccoli & small Fresh Fruit	9 Breakfast: Bagel w/ Egg & Cheese  , Juice Entrée: Chicken & Waffles Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Pears	10 
13 Breakfast: Breakfast Taquito  , ½ c Peaches Entrée: Chicken Nuggets w/ a 2 oz. Roll Sides: ¼ c Baked Beans & small Fresh Fruit	14 Breakfast: Yogurt w/ Granola  , ½ c Applesauce Entrée: Cheesy Filled Bread Stick w/ Marinara Sides: ¼ c Corn & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	15 Early Release Day Breakfast: Pancake Sausage Wrap,   (Non-pork offer cereal), ½ c Pears Entrée: Baked Spaghetti Sides: ¼ c Cooked Carrots & ¼ c Applesauce (or ½ c Applesauce Cup)	16 Breakfast: *Cereal  , small Fresh Fruit Entrée: Turkey w/ Gravy and Stuffing Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	17 Breakfast: 2 French Toast Sticks  , small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese  Sides: ¼ c Spiral Fries & Peaches
20 Breakfast: Mini Maple Pancakes  , ½ c Pears Entrée: Chicken Potato Boat w/ a 2 oz. Roll Sides: ½ c Tossed Salad & ½ c Strawberry Cup	21 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Hamburger Sides: ¼ c Spiral Fries & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	Wednesday 22 Thanksgiving Holiday begins		
27 Breakfast: Breakfast Taquito  , ½ c Peaches Entrée: Asian Orange Chicken w/ ½ c Sweet & Spicy Rice Sides: ¼ c Broccoli & ½ c Strawberry Cup	28 Breakfast: Yogurt w/ Granola  , ½ c Applesauce Entrée: Meat & Cheese Nachos w/ Salsa   (Non-pork offer 1 ½ oz shredded chz instead of nacho meat or cheese sand.) Sides: ¼ c Cheesv Beans & small Fresh Fruit	29 Early Release Day Breakfast: Pancake Sausage Wrap,  ½ c Pears Entrée: Chicken Fryz w/ 2 oz. Roll Sides: ¼ c Mashed Potatoes w/ Gravy & small Fresh Fruit	30 Breakfast: *Cereal  , small Fresh Fruit Entrée: Rib-B-Q on a Hamburger Bun  (non-pork offer turkey sand.) Sides: ¼ c Tossed Salad & ¼ c Pears	

This institution is an equal opportunity provider.