

Head Start / Early Head Start October 2021

Menu Subject to Change.

Menus created by Karen Mazza, RDN, LDN, SNS

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.	*Fresh Fruit – No fruit with pits, no grapes, no whole apples	All our grain & bread products at breakfast & lunch are whole-grain rich.😊	Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole white milk will be served for children aged 1-2.	Juice: All juice/juice blends are 100% juice
4 Breakfast: **Cereal, Cupped Pears, Milk Lunch: Cheese Pizza, Corn, Cupped Peaches, Milk	5 Breakfast: Chicken Croissant, Applesauce, Milk Lunch: Mac & Cheese w/Breadstick, Green Beans w/Bacon, Mandarin Oranges, Milk	6 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk Lunch: Pepperoni Cheese Bread, Broccoli w/Cheese, Chilled Mixed Fruit, Milk	7 Breakfast: Chicken Griddle, Cupped Peaches, Milk Lunch: Asian Chicken Bowl w/Rice, Corn, Cupped Pears, Milk	8 Breakfast: French Toast Sticks, Apple Juice, Milk Lunch: Popcorn Chicken w/Roll, Southern Baked Beans, Applesauce, Milk
11 Breakfast: Sausage Croissant, Apple Juice, Milk Lunch: Mozzarella Cheese Sticks w/Marinara, Cucumber Coins, Cupped Peaches, Milk	12 Breakfast: **Cereal, Cupped Peaches, Milk Lunch: Chicken Sandwich, Green Beans w/Bacon, Applesauce, Milk	13 Breakfast: Chicken Biscuit, Mandarin Oranges, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Juice, Milk	14 Breakfast: Waffles, Mixed Fruit Cup, Milk Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk	15 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Turkey Cheese Sandwich, Sweet Potato Fries, Mixed Fruit, Milk
18 Teacher In-Service Day No School	19 Breakfast: Café Griddle, Cupped Pears, Milk Lunch: Cheeseburger, Southern Baked Beans, Mixed Fruit, Milk	20 Breakfast: **Cereal, Apple Juice, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Cupped Peaches, Milk	21 Breakfast: Sausage Biscuit, Mixed Fruit Cup, Milk Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce, Milk	22 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Mixed Vegetables, Cupped Pears, Milk
25 Breakfast: **Cereal, Cupped Pears, Milk Lunch: Cheese Pizza, Corn, Cupped Peaches, Milk	26 Breakfast: Chicken Croissant, Applesauce, Milk Lunch: Mac & Cheese w/Breadstick, Green Beans w/Bacon, Mandarin Oranges, Milk	27 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk Lunch: Pepperoni Cheese Bread, Broccoli w/Cheese, Chilled Mixed Fruit, Milk	28 Breakfast: Chicken Griddle, Cupped Peaches, Milk Lunch: Asian Chicken Bowl w/Rice, Corn, Cupped Pears, Milk	29 Breakfast: French Toast Sticks, Apple Juice, Milk Lunch: Popcorn Chicken w/Roll, Southern Baked Beans, Applesauce, Milk

This institution is an equal opportunity provider