MFCS Head Start & Early Head Start Menu : October 2019

Karen Mazza RD, LDN, SNS SWC Coordinator of Nutrition Operations

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		avored white whole milk offered to all childre	en age 1-2. Grains : All grains are whole grain	rich. Cereal: Cheerios or Reduced Sugar
Cinnamon Toast Crunch. Condiments: offered as needed.				
This institution is an equal opportunity provider. Menu Subject to Change.				
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	Breakfast: Sausage Biscuit, Fresh	Breakfast: Ham, Egg, & Cheese	Breakfast: Chicken Griddle, Chilled	Breakfast: French Toast Sticks,
	Fruit, Milk	Croissant, 100% Juice, Milk	Mixed Fruit, Milk	Frozen Peach Cup, Milk
	Entrée: Roasted Chicken, Cornbread,	Entrée: French Bread Pizza, Marinara	Entrée: Asian Chicken Bowl, Broccoli	Entrée: Baked Spaghetti, Green
	Sweet Potato Souffle, Frozen Strawberry Cup, Milk	Sauce, Potato Wedges, Chilled Mixed Fruit, Milk	w/cheese, Chilled Pears, Milk	Beans, Fresh Fruit, Milk
	Strawberry Cup, Wilk	1 Tuit, Wilk		
7	8	9	10	11
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Breakfast: Sausage Croissant, Chilled Pears, Milk	Breakfast: Cheese Biscuit, Chilled Peaches, Milk	Breakfast: Cereal, Mandarin	Breakfast: Waffles, 100% Juice, Milk	Breakfast: French Toast Sticks, Frozen Peach Cup, Milk
Pears, wilk	Peaches, Milk	Oranges, Milk	Entrée: Meat & Queso Blanco Nachos.	Prozen Peach Cup, Milk
Entrée: Crispy Chicken Sandwich,	Entrée: Pork Street Tacos, Whole	Entrée: Pizza, Green Beans w/bacon,	Broccoli w/cheese, Chilled Pears, Milk	Entrée: Ham & Cheese Wrap, Potato
Sweet Potato Fries, 100% Juice, Milk	Kernel Corn, Frozen Strawberry Cup,	Fresh Fruit, Milk		Wedges, Fresh Fruit, Milk
,	Milk	,		
14	15	16	17	18
Brookfoot: Donaska Sausaga Wron	Breakfast: Cereal, Chilled Peaches,	Breakfast: Chicken Croissant,	Breakfast: Eggstravaganza, Toast,	Breakfast: French Toast Bites, 100%
Breakfast: Pancake Sausage Wrap, 100% Juice, Milk	Milk	Mandarin Oranges, Milk	Chilled Mixed Fruit, Milk	Juice, Milk
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Entrée: Popcorn Chicken, Breadstick,	Entrée: Stuffed Turkey Bowl, Mashed	Entrée: Pizza, Broccoli w/chees,	Entrée: Meat & Cheese Nachos, Black	Entrée: Turkey & Cheese Croissant,
Green Beans w/bacon, Frozen Peach	Potatoes, Frozen Strawberry Cup, Milk	Chilled Peaches, Milk	Beans, Applesauce, Milk	Sweet Potato Fries, Fresh Fruit, Milk
Cup				
21	22	23	24	25
21		20	2-7	
Breakfast: Cereal, Frozen Strawberry	Breakfast: Sausage Biscuit, Fresh	Breakfast: Ham, Egg, & Cheese	Breakfast: Chicken Griddle, Chilled	Breakfast: French Toast Sticks,
Cup, Milk	Fruit, Milk	Croissant, 100% Juice, Milk	Mixed Fruit, Milk	Frozen Peach Cup, Milk
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Entrée: Hot Dog, Cheez Its, Baked	Entrée: Roasted Chicken, Cornbread, Sweet Potato Souffle, Frozen	Entrée: French Bread Pizza, Marinara	Entrée: Asian Chicken Bowl, Broccoli	Entrée: Baked Spaghetti, Green
Beans, 100% Juice, Milk	Strawberry Cup, Milk	Sauce, Potato Wedges, Chilled Mixed Fruit, Milk	w/cheese, Chilled Pears, Milk	Beans, Fresh Fruit, Milk
	Castroony Cup, mine			
28	29	30	31	
Brookfoot Courses Ordinary Cities I	Brookfoot, Chassa Bisself, Okille I	Brookfoot Corool Mandada	Dunalifact, Wattley 4000/ Index Atti	
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Sweet Potato Fries, 100% Juice, Milk	Kernel Corn, Frozen Strawberry Cup,	Fresh Fruit, Milk		
	Milk			
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