

MFCS Head Start & Early Head Start Menu : October 2019

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SWC Coordinator of Nutrition Operations

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk: 1% Unflavored white milk offered at breakfast, lunch to all children over age 2. Unflavored white whole milk offered to all children age 1-2. Grains: All grains are whole grain rich. Cereal: Cheerios or Reduced Sugar Cinnamon Toast Crunch. Condiments: offered as needed.</p> <p>This institution is an equal opportunity provider. Menu Subject to Change.</p>				
	<p>1</p> <p>Breakfast: Sausage Biscuit, Fresh Fruit, Milk</p> <p>Entrée: Roasted Chicken, Cornbread, Sweet Potato Souffle, Frozen Strawberry Cup, Milk</p>	<p>2</p> <p>Breakfast: Ham, Egg, & Cheese Croissant, 100% Juice, Milk</p> <p>Entrée: French Bread Pizza, Marinara Sauce, Potato Wedges, Chilled Mixed Fruit, Milk</p>	<p>3</p> <p>Breakfast: Chicken Griddle, Chilled Mixed Fruit, Milk</p> <p>Entrée: Asian Chicken Bowl, Broccoli w/cheese, Chilled Pears, Milk</p>	<p>4</p> <p>Breakfast: French Toast Sticks, Frozen Peach Cup, Milk</p> <p>Entrée: Baked Spaghetti, Green Beans, Fresh Fruit, Milk</p>
<p>7</p> <p>Breakfast: Sausage Croissant, Chilled Pears, Milk</p> <p>Entrée: Crispy Chicken Sandwich, Sweet Potato Fries, 100% Juice, Milk</p>	<p>8</p> <p>Breakfast: Cheese Biscuit, Chilled Peaches, Milk</p> <p>Entrée: Pork Street Tacos, Whole Kernel Corn, Frozen Strawberry Cup, Milk</p>	<p>9</p> <p>Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Entrée: Pizza, Green Beans w/bacon, Fresh Fruit, Milk</p>	<p>10</p> <p>Breakfast: Waffles, 100% Juice, Milk</p> <p>Entrée: Meat & Queso Blanco Nachos, Broccoli w/cheese, Chilled Pears, Milk</p>	<p>11</p> <p>Breakfast: French Toast Sticks, Frozen Peach Cup, Milk</p> <p>Entrée: Ham & Cheese Wrap, Potato Wedges, Fresh Fruit, Milk</p>
<p>14</p> <p>Breakfast: Pancake Sausage Wrap, 100% Juice, Milk</p> <p>Entrée: Popcorn Chicken, Breadstick, Green Beans w/bacon, Frozen Peach Cup</p>	<p>15</p> <p>Breakfast: Cereal, Chilled Peaches, Milk</p> <p>Entrée: Stuffed Turkey Bowl, Mashed Potatoes, Frozen Strawberry Cup, Milk</p>	<p>16</p> <p>Breakfast: Chicken Croissant, Mandarin Oranges, Milk</p> <p>Entrée: Pizza, Broccoli w/chees, Chilled Peaches, Milk</p>	<p>17</p> <p>Breakfast: Eggstravaganza, Toast, Chilled Mixed Fruit, Milk</p> <p>Entrée: Meat & Cheese Nachos, Black Beans, Applesauce, Milk</p>	<p>18</p> <p>Breakfast: French Toast Bites, 100% Juice, Milk</p> <p>Entrée: Turkey & Cheese Croissant, Sweet Potato Fries, Fresh Fruit, Milk</p>
<p>21</p> <p>Breakfast: Cereal, Frozen Strawberry Cup, Milk</p> <p>Entrée: Hot Dog, Cheez Its, Baked Beans, 100% Juice, Milk</p>	<p>22</p> <p>Breakfast: Sausage Biscuit, Fresh Fruit, Milk</p> <p>Entrée: Roasted Chicken, Cornbread, Sweet Potato Souffle, Frozen Strawberry Cup, Milk</p>	<p>23</p> <p>Breakfast: Ham, Egg, & Cheese Croissant, 100% Juice, Milk</p> <p>Entrée: French Bread Pizza, Marinara Sauce, Potato Wedges, Chilled Mixed Fruit, Milk</p>	<p>24</p> <p>Breakfast: Chicken Griddle, Chilled Mixed Fruit, Milk</p> <p>Entrée: Asian Chicken Bowl, Broccoli w/cheese, Chilled Pears, Milk</p>	<p>25</p> <p>Breakfast: French Toast Sticks, Frozen Peach Cup, Milk</p> <p>Entrée: Baked Spaghetti, Green Beans, Fresh Fruit, Milk</p>
<p>28</p> <p>Breakfast: Sausage Croissant, Chilled Pears, Milk</p> <p>Entrée: Crispy Chicken Sandwich, Sweet Potato Fries, 100% Juice, Milk</p>	<p>29</p> <p>Breakfast: Cheese Biscuit, Chilled Peaches, Milk</p> <p>Entrée: Pork Street Tacos, Whole Kernel Corn, Frozen Strawberry Cup, Milk</p>	<p>30</p> <p>Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Entrée: Pizza, Green Beans w/bacon, Fresh Fruit, Milk</p>	<p>31</p> <p>Breakfast: Waffles, 100% Juice, Milk</p> <p>Entrée: Meat & Queso Blanco Nachos, Broccoli w/cheese, Chilled Pears, Milk</p>	