November 2019 Head Start Eat Local Squash on Thursdays

	Monday	Tuesday	Wednesday	Thursday	Friday
					1
Breakfast					
Lunch					No Classes for Students
Snack					
	4	5	6	7	8
Breakfast	Bagel with Cream Cheese 🕜 🤔	French Toast Sticks 🕜 🚱	Egg and Cheese Breakfast Burrito 🕜 🍪	Banana Bread 🕜 🍪	Chicken Waffle Sandwich 🚱
Lunch	Chicken Nuggets 🍪	Teriyaki Chicken with Brown Rice 🚱	Homemade Lasagna 🕜	Cheese Pizza 🕜 🍪	Chicken Filet Sandwich 修
Snack	Fruit and Pretzels 🕜	Fruit and Cheese 🕜	Strawberry Yami Yogurt and Granola 🕜 🍪	Vegetables and Cheese 🕜	Apple Chips and Sunflower Seeds 🕜
	11	12	13	14	15
Breakfast		Maple Waffles 🕜 🍪	Egg and Cheese on an English Muffin 🕜 修	Cinnamon Crumble Bread 🕜 🍪	Chicken Sausage Biscuit Sandwich &
Lunch	Veterans Day Schools Closed	Orange Chicken with Brown Rice 🚱	Pancakes with Turkey Sausage and Potatoes &	Cheese Pizza 🕜 修	Hand Rolled Bean and Cheese Burrito 🕜 🤔
Snack		Fruit and Cottage Cheese 🕜	Strawberry Yami Yogurt and Granola 🕜 修	Fruit and Cheese 🕜	Vegetables and Crackers 🕜 修
	18	19	20	21	22
Breakfast	Turkey Ham and Cheese on a Hawaiian Bun 🍪	Pancake Sausage Sandwich 🍪	Blueberry Muffin 🕜 🍪	Chicken Sausage, Egg and Cheese Croissant 🔮	
Lunch	Chicken Nuggets 🍪	Hamburger 修	Taco Salad with Beans 🕜	Cheese Pizza 🕜 修	No Child Day
Snack	Cheese and Pretzels 🕜	Fruit and Crackers 🕜 修	Strawberry Yami Yogurt and Granola 🕜 俊	Fruit and Cottage Cheese 🕜	
	25	26	27	28	29
Breakfast					
Lunch	No Child Day	No Child Day	No Child Day	Happy Thanksgiving Schools Closed	District Closed
Snack					

Vegetarian option, may contain cheese &/or egg | Grains are whole grain-rich

1% milk is offered daily with Breakfast and Lunch. Fruit is offered with breakfast, fruit and vegetables are both offered with lunch.

Menu is subject to change. This institution is an equal opportunity provider.