November 2023 | Applegate and Creston Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
Breakfast			Breakfast Bread 🕜	Honey Cheerios Cereal 🕜 🤔	
Lunch			Three Bean Chili with Tortilla Chips 🕜 🍪	Cheese Pizza 🕜 🍪	No School for Students
Snack			Fruit and Cheese 🕜	Vegetables and Crackers 🕜 修	
	6	7	8	9	10
Breakfast	Honey Cheerios Cereal 🗸 🍪	Cinnamon Chex Cereal (V) (Pumpkin Bread 🕜	Cinnamon Swirl Bun 🕜	
Lunch	Chicken Tenders	Teriyaki Chicken with Brown Rice	Pancakes with Chicken Sausage 🚱	Cheese Pizza 🕜 🤡	Veteran's Day Schools Closed
Snack	Fruit and Cheese 🕜	Vegetables and Hummus 😯	Vegetables and Chips 🕜 🍪	Fruit and Yogurt 🕜	
	13	14	15	16	17
Breakfast	Cinnamon Chex Cereal 🕜 🍪	Blueberry Muffin 🕜	Pumpkin Bread 🕜	Cinnamon Chex Cereal 🕜 修	
Lunch	Chicken Tenders	Orange Chicken with Brown Rice	Yakisoba with Chicken and Vegetables 🕜	Cheese Pizza 🕜 🍪	No Child Day
Snack	Vegetables and Chex Mix W	Hummus and Chips 🍪	Fruit and Cheese 🕜	Fruit and Crackers 🕜 🍪	
	20	21	22	23	24
	Day/Evening Conferences No School for Students	Day/Evening Conferences No School for Students	No School for Students	Happy Thanksgiving Schools Closed	District Closed
	27	28	29	30	
Breakfast	Honey Cheerios Cereal 🔮 🍪	Cinnamon Chex Cereal 🕜 🍪	Pumpkin Bread 🕜	Cinnamon Swirl Bun 🕜	_
Lunch	Chicken Tenders	Teriyaki Chicken with Brown Rice	Pasta with Marinara and Mozzarella 🕜	Cheese Pizza 🕜 🤔	_
Snack	Fruit and Cheese 🕜	Vegetables and Hummus 😯	Vegetables and Chips 🕜 修	Fruit and Yogurt 🕜	

Updated: 10/30/23