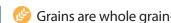
October 2022 | Applegate and Creston Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast	Honey Cherrios Cereal 🕜 🍪	Blueberry Muffin 🕜	Breakfast Bread 🕜	Cinnamon Chex Cereal 🕜 🍪	Yoplait Strawberry Banana Yogurt and Granola 🕜 🤔
Lunch	Chicken Tenders	Mozzarella Breadsticks 🕜	Homemade Cheese Lasagna 🕜	Cheese Pizza 🕜	Chicken Fillet Sandwich
Snack	Vegetables and Hummus 😵	Vegetables and Chips 🕜 🥝	Vegetables and Cheese 🕜	Fruit and Chips 🕜 🍪	Fruit and Yogurt 🕜
	9	10	11	12	13
Breakfast	Blueberry Chex 💜 🤣	Cinnamon Chex Cereal 🕜 修	Breakfast Bread 🕜	Cinnamon Swirl Bun 🕜	
Lunch	Chicken Tenders	Orange Chicken with Brown Rice	Pancakes with Turkey Sausage 修	Cheese Pizza 🕜	No School Statewide Inservce
Snack	Fruit and Cheese 🕜	Vegetables and Hummus 😵	Vegetables and Chips 🕜 修	Fruit and Yogurt 🕜	
	16	17	18	19	20
Breakfast	Honey Cherrios Cereal 🕜 修	Blueberry Muffin 🕜	Breakfast Bread 🕜	Cinnamon Chex Cereal 🕜 修	
Lunch	Chicken Tenders	Cheeseburger	Yakisoba with Chicken or Vegetables 🕡	Cheese Pizza 🕜	No Child Day
Snack	Vegetables and Hummus 😵	Vegetables and Chips 🕜 🥝	Vegetables and Cheese 🕜	Fruit and Chips 🕜 🍪	
	23	24	25	26	27
Breakfast	Blueberry Chex <equation-block> 🧹</equation-block>	Cinnamon Chex Cereal 🕜 修	Breakfast Bread 🕜	Cinnamon Swirl Bun 🕜	Yoplait Strawberry Banana Yogurt and Granola 🕜 🚱
Lunch	Chicken Tenders	Teriyaki Chicken with Brown Rice	Pasta with Marinara and Mozzarella 🕜	Cheese Pizza 🕜	Beans, Cheese and Rice Bowl with Tortilla Chips 🕜
Snack	Fruit and Cheese 🕜	Vegetables and Hummus 😵	Vegetables and Chips 🕜 🍪	Fruit and Yogurt 🕜	Fruit and Cheese 🕜
	30	31			
Breakfast	Honey Cherrios Cereal 🕜 🍪	Blueberry Muffin 🕜	_		
Lunch	Chicken Tenders	Mozzarella Breadsticks 🕜			
Snack	Vegetables and Hummus 😵	Vegetables and Chips 🕜 🤔	_		

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



Updated: 9/25/23