October 2023 | Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
Breakfast	Blueberry Muffin 🕜	Mini Pancakes 🚺	Egg and Cheese Filled Hashbrown 🕜 🧭	Maple Waffles 🕜 🗸	Blueberry Chex 🕜 🧹
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	Cinnamon Chex Cereal 🕜 🍪	Breakfast Bread 🗸	Cinnamon Swirl Bun 🕜	Egg and Cheese on an English Muffin 🕜 🧭	
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 🕎 🍪	Fruit and Yogurt 🕜	
	16	17	18	19	20
Breakfast	Blueberry Muffin 🕜	Mini Pancakes 🕜	Egg and Cheese Filled Hashbrown 🕜 🧭	Maple Waffles 🕜 🧭	
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	Cinnamon Chex Cereal V 6	Breakfast Bread 🚺	Cinnamon Swirl Bun 🕜	Egg and Cheese on an English Muffin 🕜 🧭	French Toast Sticks 🕜 🧹
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	Blueberry Muffin 💗	Mini Pancakes 🕜	_		
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