

HEAD START OCTOBER BREAKFAST MENU 2023


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|-------------------------------|--------------------------------------|
| 2 W.G. Cereal Apple Slices | 3 Bagel Cream Cheese Banana | 4 Muffin Watermelon | 5 Toast Peach Cup | 6 English Muffin Fruit Cup |
| 9 W.G. Cereal Pineapple Cup | 10 Bagel Cream Cheese Applesauce Cup | 11 Muffin Mixed Fruit Cup | 12 NO SCHOOL | 13 NO SCHOOL |
| 16 W.G. Cereal Diced Pears | 17 Bagel Cream Cheese Apple Slices | 18 Muffin Watermelon | 19 Toast Blueberries | 20 English Muffin Apple Slices |
| 23 W.G. Cereal Diced Peaches | 24 Bagel Cream Cheese Banana | 25 Muffin Applesauce Cup | 26 Toast Diced Pear Cup | 27 NO SCHOOL |
| 30 W.G. Cereal Tropical Mixed Fruit Cup | 31 Bagel Cream Cheese Mandarin Orange Cup | | | |
| <p style="text-align: center;">THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p> <p style="text-align: center;">MENU SUBJECT TO CHANGE</p> | | <div style="display: flex; justify-content: space-around; align-items: center;">   </div> | | |

HEAD START OCTOBER LUNCH

MENU 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 2 Bosco Sticks Corn Applesauce Cup Milk | 3 Crispito's Tossed Salad Orange Wedges Milk | 4 Chicken Tenders Baked Beans Mixed Fruit Milk | 5 Tony's Pizza Green Beans Strawberries Milk | 6 Mini Twin Cheese Burgers French Fries Watermelon Milk |
| 9 Mini Corn Dogs Peas Pineapple Cup Milk | 10 Burrito Tossed Salad Fruit Cup Milk | 11 Calzone Hot Carrots Applesauce Cup Milk | 12 NO SCHOOL | 13 NO SCHOOL |
| 16 Hot Ham & Cheese Pocket Tater Tots Peach Cup Milk | 17 Walking Taco Refried Beans Lettuce & Tomato Banana Milk | 18 Macaroni & Cheese Peas Dinner Roll Watermelon Milk | 19 Pizza Tossed Salad Mandarin Oranges Milk | 20 Popcorn Chicken Mashed Potatoes Diced Pears Milk |
| 23 Hot Dog Baked Beans Apple Milk | 24 Texas Straw Hat Sliced Cucumbers Mixed Fruit Milk | 25 Spaghetti Garlic Bread Tossed Salad Banana Milk | 26 French Toast Sticks Hash Brown Sausage Patty Applesauce Milk | 27 NO SCHOOL |
| 30 Chicken Sandwich Sweet Potato Fries Craisins Milk | 31 Soft Taco Refried Beans Lettuce & Tomato Strawberries Milk | | | |

AVAILABLE DAILY

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| <p style="text-align: center;">This institution is an equal opportunity provider</p> <p style="text-align: center;">MENU SUBJECT TO CHANGE</p> | <p style="text-align: center;">ALL LUNCHESES SERVED WITH 8oz 1% OR SKIM MILK</p> |  |
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