

HEAD START NOVEMBER BREAKFAST MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Muffin Watermelon	2 Toast Peach Cup	3 English Muffin Fruit Cup
6 W.G. Cereal Pineapple Cup	7 Bagel Cream Cheese Applesauce Cup	8 Muffin Mixed Fruit Cup	9 Toast Blueberries	10 NO SCHOOL
13 NO SCHOOL	14 NO SCHOOL	15 Muffin Watermelon	16 Toast Fruit Cup	17 English Muffin Apple Slices
20 W.G. Cereal Diced Peaches	21 Bagel Cream Cheese Applesauce Cup	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
30 W.G. Cereal Tropical Mixed Fruit Cup	31 Bagel Cream Cheese Mandarin Orange Cup			

**THIS INSTITUTION IS AN
EQUAL OPPORTUNITY PROVIDER**

MENU SUBJECT TO CHANGE



HEAD START NOVEMBER LUNCH MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Ham & Cheese Hot Pocket Lettuce & Tomato Blueberries Milk	2 Pizza Hot Carrots Grapes Milk	3 Hot Dog Tater Tots Mixed Fruit Milk
6 Cheeseburger French Fries Pineapple Milk	7 Waking Taco Refried Beans Lettuce & Tomato Apple Slices Milk	8 Macaroni & Cheese Peas Dinner Roll Diced Peaches Milk	9 Pizza Veggie Sticks Diced Pears Milk	10 NO SCHOOL
13 NO SCHOOL	14 NO SCHOOL	15 Thanksgiving Dinner Turkey & Gravy Mashed Potatoes Corn Mandarin Oranges W.G. Roll, Milk	16 Pizza Sticks Sliced Cucumbers Pineapple Milk	17 Pop Corn Chicken Tossed Salad Applesauce Milk
20 Chicken Sandwich Tossed Salad Sliced Apples Milk	21 Sub Sandwich Sliced Cucumbers Fruit Cup Milk	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Chicken Strips Graham Crackers Corn Mixed Fruit Milk	28 Bosco Sticks Tossed Salad Diced Pears Milk	29 Spaghetti Garlic Bread Green Beans Diced Peaches Milk	30 French Toast Sticks Sausage Patty Hash Brown Banana Milk	

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