

OCTOBER | 2019

Head Start Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 French Bread Pizza Tossed Salad Pineapple Tidbits	2 Boneless Chicken Wings Tater Tots WG Cracker Mandarin Oranges	3 Pizza Sticks Peach Cup Veggie Sticks	4 Burrito Clementine Salad
7 Cheeseburger Baked Beans Diced Peaches	8 Chicken Rings Green Beans Grapes	9 Spaghetti Breadstick Corn Diced Pears	10 Pizza Broccoli & Cauliflower Orange Slices	11 Soft Taco Refried Beans Lettuce & Tomato
14 Chicken Quesadilla Apple Slices Mixed Vegetables	15 Meatball Sub Strawberry Cup Garden Salad	16 Chicken Nuggets WG Cracker Baby Carrots Applesauce Cup	17 Individual Pizza Veggie Sticks Pear	18 No Class
21 Bosco Sticks Corn Apple	22 Chicken Sandwich French Fries Banana	23 Rotini & Meat Sauce Breadstick Garden Salad Peach Cup	24 Stuffed Crust Pizza Veggie Sticks Mandarin Oranges	25 Walking Taco Refried Beans Lettuce & Tomato Diced Pears
28 Cheeseburger Baked Beans Pineapple Tidbits	29 French Toast Sticks Sausage Patty Hashbrown Apple Slices	30 Macaroni & Cheese Peas Dinner Roll Frozen treat	31 Sub Sandwich Veggie Sticks Applesauce Cup Goldfish Crackers	1

