





# HEAD START OCTOBER BREAKFAST MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>3</u>  W.G. Cereal Fruit	<u>4</u>  W.G French Toast Fruit	<u>5</u>  W.G Blueberry Waffle Fruit	<u>6</u>  W.G Bagel Yogurt Fruit	<u>7</u>  W.G English Muffin Fruit
<u>10</u>  W.G. Cereal Fruit	<u>11</u>  W.G Pancake Fruit	<u>12</u>  W.G. Maple Waffle Fruit	<u>13</u>  W.G Blueberry Muffin Fruit	<u>14</u>  No School
<u>17</u>  W.G. Cereal Fruit	<u>18</u>  W.G French Toast Fruit	<u>19</u>  W.G Blueberry Waffle Fruit	<u>20</u>  W.G Bagel Yogurt Fruit	<u>21</u>  W.G English Muffin Fruit
<u>24</u>  W.G. Cereal Fruit	<u>25</u>  W.G Pancake Fruit	<u>26</u>  W.G. Maple Waffle Fruit	<u>27</u>  W.G Blueberry Muffin Fruit	<u>28</u>  W.G. Toast Peanut Butter Fruit
<u>31</u>  W.G. Cereal Fruit				

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# HEAD START OCTOBER LUNCH MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bosco Sticks Maranara Cup Tossed Salad Mixed Fruit Milk	4 Soft Taco Refried Beans Lettuce & Tomato Apple Milk	5 Meatball Sub French Fries Diced Pears Milk	6 Calzone Cherry Tomatoes Fruit Cup Milk	7 Hot Ham & Cheese Hot Pocket Veggie Sticks Applesauce Cup Milk
10 Garlic Knots Tossed Salad Strawberry Cup Milk	11 Rib Sandwich Potato Smiles Pineapple Milk	12 Chicken Strips Graham Cracker Tossed Salad Diced Peaches Milk	13 Pizza Veggie Sticks Apple Milk	14 No School
17 Grilled Cheese Baked Beans Mixed Fruit Milk	18 Taco Stick Lettuce & Tomato Diced Pears Milk	19 Chicken Sandwich Cherry Tomatoes Banana Milk	20 Stromboli Broccoli & Cauliflower Mandarin oranges Milk	21 Corn Dog Hot Carrots Apple Slices Milk
24 Cheeseburger French Fries Grapes Milk	25 Walking Taco Refried Beans Lettuce & Tomato Blueberries Milk	26 French Toast Sticks Hash Brown Sausage Patty Strawberry Cup Milk	27 French Bread Pizza Tossed Salad Pineapple Tidbits Milk	28 Sub Sandwich Carrots Applesauce Cup Milk
31st Pizza Stick Tossed Salad Fruit Cup Milk				

<p><b>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</b></p> <p>ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILK</p>		
	<p><b>MENU SUBJECT TO CHANGE</b></p>	