

# HEAD START NOVEMBER BREAKFAST MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
	W.G French Toast Fruit	W.G Blueberry Waffle Fruit	W.G Bagel Yogurt Fruit	W.G English Muffin Fruit
<u>7</u>	<u>8</u>	<u>9</u>	10	11
W.G. Cereal Fruit	W.G Pancake Fruit	W.G. Maple Waffle Fruit	W.G Blueberry Muffin Fruit	No School
<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>
W.G. Cereal Fruit	W.G French Toast Fruit	W.G Blueberry Waffle Fruit	W.G Bagel Yogurt Fruit	W.G English Muffin Fruit
<u>21</u>	<u>22</u>	<u>23</u>	24	<u>25</u>
No School	No School	No School	No School	No School
<u>28</u>	29	30		
W.G. Cereal Fruit	W.G Pancake Fruit	W.G. Maple Waffle Fruit		


THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER



# HEAD START NOVEMBER LUNCH

## MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u>  Taco Stick Tossed Salad Strawberry Cup Milk	<u>2</u>  Chicken Sandwich French Fries Diced Pears Milk	<u>3</u>  Pizza Stick's Veggie Sticks Applesauce Cup Milk	<u>4</u>  Bosco Sticks Marinara Cup Peas Apple Slices Milk
<u>7</u>  Macaroni & Cheese W.G. Roll Peas Fruit Cup Milk	<u>8</u>  Texas Straw Hat Refried Beans Lettuce & Tomato Banana Milk	<u>9</u>  French Toast Sticks Hash Brown Sausage Patty Pineapple Milk	<u>10</u>  Pizza Veggie Sticks Apple Milk	<u>11</u>  No School
<u>14</u>  Hot Dog Baked Beans Mixed Fruit Milk	<u>15</u>  Crispito's Lettuce & Tomato Diced Pears Milk	<u>16</u>  Pizza W.G Breadstick Corn Applesauce Cup Milk	<u>17</u>  Thanksgiving Dinner Turkey & Gravy Mashed Potatoes Corn Mandarin Oranges W.G. Roll, Milk	<u>18</u>  Chicken Nuggets Graham Cracker Pineapple Milk
<u>21</u>  No School	<u>22</u>  No Lunch	<u>23</u>  No Lunch	<u>24</u>  Thanksgiving	<u>25</u>  No School
<u>28</u>  Mini Corn Dogs Veggie Sticks Applesauce Cup Milk	<u>29</u>  Rotini W.G Dinner Roll Corn Blueberries Milk	<u>30</u>  Hot Ham & Cheese Croissant Cherry Tomatoes Mixed Fruit Milk		

	<b>ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILK</b>	
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS	FRESH FRUIT OFFERED WITH ALL MEALS DAILY	<b>MENU SUBJECT TO CHANGE</b>

<b><i>BREAKFAST AND LUNCH WILL BE FREE TO ALL STUDENTS FOR SCHOOL YEAR 2022/2023</i></b>	<b>This institution is an equal opportunity provider</b>
<b>BREAKFAST SERVED EVERY MORNING</b>	