

HEAD START OCTOBER BREAKFAST MENU 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 W.G Pancake Fruit	2 W.G. Toast Peanut Butter Fruit	3 W.G Blueberry Muffin Fruit	4 English Muffin Fruit
7 W.G. Cereal Fruit	8 W.G French Toast Fruit	9 W.G Blueberry Waffle Fruit	10 W.G Bagel Yogurt Fruit	11 No School
14 W.G. Cereal Fruit	15 W.G Pancake Fruit	16 W.G. Toast Peanut Butter Fruit	17 W.G Blueberry Muffin Fruit	18 English Muffin Fruit
21 W.G. Cereal Fruit	22 W.G French Toast Fruit	23 W.G Blueberry Waffle Fruit	24 W.G Bagel Yogurt Fruit	25 No School
28 W.G. Cereal Fruit	29 W.G Pancake Fruit	30 W.G. Toast Peanut Butter Fruit	31 W.G Blueberry Muffin Fruit	

<p style="text-align: center;">THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p> <p style="text-align: center;">MENU SUBJECT TO CHANGE</p>		
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HEAD START OCTOBER LUNCH MENU 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Bosco Sticks Marinara Sauce Peas Sliced Apples Milk	2 French Toast Sticks Hash Brown Sausage Patty Mandarin Oranges Milk	3 Boneless Chicken Wings W.G. Cracker Corn Diced Pears Milk	4 Texas Straw Hat Refried Beans Lettuce & Tomato Applesauce Milk
7 Cheeseburger Tossed Salad Apple Milk	8 Walking Taco Refried Beans Diced Cantaloupe Milk	9 Spaghetti Garlic Bread Green Beans Banana Milk	10 Pizza Tossed Salad Strawberries Milk	11 NO SCHOOL
14 Hot Dog Baked Beans Diced Peaches Milk	15 Cheese Quesadilla Tossed Salad Diced Pears Milk	16 Chicken Nuggets W.G. Cracker Sweet Potato Fries Sliced Apples Milk	17 French Bread Pizza Mixed Veggie Pineapple Tidbits Milk	18 Ham & Cheese Sub Cucumbers Fruit Cup Milk
21 Chicken Sandwich French Fries Pineapple Milk	22 Soft Taco Refried Beans Lettuce & Tomato Banana Milk	23 Macaroni & Cheese Peas Dinner Roll Mandarin Oranges Milk	24 Snack Pizza Bites Tossed Salad Blueberries Milk	25 NO SCHOOL
28 Corn Dog French Fries Applesauce Milk	29 Mini Cheeseburger Sliders Mixed Vegetables Watermelon Milk	30 Calzone Corn Diced Peaches Milk	31 Tonys Pizza Tossed Salad Diced Pears Milk	
Available Daily Sub sandwich, Chef salad, Uncrustable		ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILK		
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS		FRESH FRUIT OFFERED WITH ALLMEALS DAILY		MENU SUBJECT TO CHANGE
BREAKFAST AND LUNCH WILL BE FREE TO ALL STUDENTS FOR SCHOOL YEAR 2022/2023			This institution is an equal opportunity provider	
BREAKFAST SERVED EVERY MORNING				