

Head Start Menu

October • Lunch

Monday	Tuesday	Wednesday	Thursday
Pizza Dippers w/ Marinara Sauce Corn Mixed Fruit 1% White Milk	Chicken Burger <i>(1/2 svg)</i> Pickles Blueberries 1% White Milk	Nachos Pinto Beans Apple Slices 1% White Milk	Chicken & Waffles <i>(1/2 svg)</i> Broccoli Peaches 1% White Milk
Mac & Cheese Tomato Slices Blueberries 1% White Milk	Chicken Nuggets & Sun Chips Corn Mixed Fruit 1% White Milk	Turkey Pepperoni Stromboli Zucchini Sticks Apricots 1% White Milk	Enchilada Jicama Sticks Diced Mangos 1% White Milk
NO CLASS	Oven Roasted Chicken <i>(1/2 svg; breast only)</i> w/ Cornbread Mashed Potatoes Peaches 1% White Milk	Beef Mexi Melt Pico de Gallo Blueberries 1% White Milk	Teriyaki Chicken & Brown Rice Red Bell Pepper Strips Bananas 1% White Milk
Grilled Cheese Sandwich Cucumber Coins Applesauce 1% White Milk	Chicken Nuggets & Sun Chips Power Salad Mandarin Oranges 1% White Milk	Cheesy Chicken Burrito Pico de Gallo Peaches 1% White Milk	Pulled Pork Sandwich Coleslaw Pineapple 1% White Milk
Bean & Cheese Burrito Power Salad Orange Slices 1% White Milk	Picnic Stix <i>(turkey stick, string cheese, & crackers)</i> Olives Sliced Green Apples & Caramel Cup 1% White Milk		

MENUS SUBJECT TO CHANGE

October • Breakfast

Monday	Tuesday	Wednesday	Thursday
Chocolate Chip Muffin Apricots 1% White Milk	Yogurt & Granola Blueberries 1% White Milk	Cereal & String Cheese Pears 1% White Milk	Cinnamon Roll Applesauce 1% White Milk

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