

Head Start Menu

October • Lunch

Monday	Tuesday	Wednesday	Thursday
Cheese Pizza Sliced Olives Apple Slices 1% White Milk <p style="text-align: right;">1</p>	Chicken Nuggets w/ Sun Chips Corn Mixed Fruit 1% White Milk <p style="text-align: right;">2</p>	Beef Mexi Melt Pinto Beans Orange Slices 1% White Milk <p style="text-align: right;">3</p>	Orange Chicken & Brown Rice Peppers/Onions Pears 1% White Milk <p style="text-align: right;">4</p>
Bean & Cheese Burrito Pico de Gallo Mixed Fruit 1% White Milk <p style="text-align: right;">8</p>	Turkey Pepperoni Hot Pocket Jicama Sticks Blueberries 1% White Milk <p style="text-align: right;">9</p>	Hamburger Pickles Diced Apricots 1% White Milk <p style="text-align: right;">10</p>	Spaghetti w/ Meat Sauce & Breadstick Power Salad Orange Slices 1% White Milk <p style="text-align: right;">11</p>
<p>Staff Day</p>	Popcorn Chicken w/ Sun Chips Peas & Corn Frozen Strawberry Cup 1% White Milk <p style="text-align: right;">16</p>	Cheesy Chicken Burrito Power Salad Mixed Fruit 1% White Milk <p style="text-align: right;">17</p>	Chicken & Waffles Corn Blueberries 1% White Milk <p style="text-align: right;">18</p>
Mac & Cheese w/ Roll Peas Apple Slices 1% White Milk <p style="text-align: right;">22</p>	Carnitas Soft Taco Shredded Lettuce & Cheese Orange Slices 1% White Milk <p style="text-align: right;">23</p>	Chicken Burger Pickles Diced Apricots 1% White Milk <p style="text-align: right;">24</p>	Teriyaki Chicken & Brown Rice Broccoli Pineapple 1% White Milk <p style="text-align: right;">25</p>
Cheese & Green Chili Quesadilla Potato Smiles Orange Slices 1% White Milk <p style="text-align: right;">29</p>	Chicken Nuggets w/ Roll Green Beans Diced Apricots 1% White Milk <p style="text-align: right;">30</p>	Hamburger Pickles Apple Slices & Caramel Sauce 1% White Milk <p style="text-align: right;">31</p>	

MENUS SUBJECT TO CHANGE

TVUSD IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER

Head Start Menu

October • Breakfast

Monday	Tuesday	Wednesday	Thursday
Choc. Chip Mini French Toast Diced 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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