

Head Start October • Lunch

| Monday | Tuesday | Wednesday | Thursday |
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| Bean & Cheese Burrito Cucumber Coins Peaches 1% White Milk <div style="text-align: right;">4</div> | Turkey Ham & Cheese Wrap Broccoli Pears 1% White Milk <div style="text-align: right;">5</div> | Beef Meximelt Olives Frozen Fruit Cup 1% White Milk <div style="text-align: right;">6</div> | Teriyaki Chicken Bowl Canned Carrots Applesauce Cup 1% White Milk <div style="text-align: right;">7</div> |
| Nachos Olives Orange Wedges 1% White Milk <div style="text-align: right;">11</div> | Chicken Nuggets & Jungle Crackers Corn Apple Slices 1% White Milk <div style="text-align: right;">12</div> | Cheesy Chicken Burrito Cucumber Coins Pears 1% White Milk <div style="text-align: right;">13</div> | Cheese Pizza Broccoli Peaches 1% White Milk <div style="text-align: right;">14</div> |
| Head Start Staff Day | Cheese Calzone Cucumber Coins Peaches 1% White Milk <div style="text-align: right;">19</div> | All American Burger Pickles Frozen Fruit Cup 1% White Milk <div style="text-align: right;">20</div> | Combo Burrito Olives Applesauce Cup 1% White Milk <div style="text-align: right;">21</div> |
| Quesadilla Cucumber Coins Peaches 1% White Milk <div style="text-align: right;">25</div> | Chicken Nuggets & Jungle Crackers Corn Apple Slices 1% White Milk <div style="text-align: right;">26</div> | Turkey & Cheese Lunchable Pickles Orange Wedges 1% White Milk <div style="text-align: right;">27</div> | Orange Chicken Bowl Broccoli Pears 1% White Milk <div style="text-align: right;">28</div> |

Head Start October • Breakfast

| Monday | Tuesday | Wednesday | Thursday |
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| Turkey Sausage Breakfast Pizza Orange Wedges 1% White Milk | Yogurt & Granola Pears 1% White Milk | Cereal & String Cheese Peaches 1% White Milk | Cinnamon Roll Applesauce Cup 1% White Milk |

MENUS SUBJECT TO CHANGE
TVUSD IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER