

OCTOBER 2024

Oct 1-4	Monday	Tuesday	1	Wednesday	2	Thursday	3	Friday	4
Breakfast		1% Lowfat or Whole Milk Bananas W/W Toast (WGR)		1% Lowfat or Whole Milk Peaches Kix Cereal		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Scrambled Eggs (Vit A)		1% Lowfat or Whole Milk Strawberries (Vit C) Cream of Wheat	
Lunch		1% Lowfat or Whole Milk Chili w/ ground beef Beans (kidney, black, pinto) Orange Slices (Vit C) Corn Muffin		1% Lowfat or Whole Milk HM Parmesan Fish Sticks Mashed Potatoes (Vit C) Cantaloupe (Vit A and C) W/W Bread (WGR)		1% Lowfat or Whole Milk Chicken & Cheese Quesadilla Sweet Pepper Strips (Vit A) w/ dip Apple Slices Tortilla (WGR)		1% Lowfat or Whole Milk Scrambled Eggs (Vit A) Home Fries (Vit C) Bananas W/W Toast (WGR)	
Snack		1% Lowfat or Whole Milk Graham Crackers		Cheese Stick (Vit A) Raisins Water		Cucumber Slices Snack Crackers Water		Yogurt Blueberries Water	
Oct 7-11	Monday	Tuesday	7	Wednesday	8	Thursday	9	Friday	10
Breakfast	1% Lowfat or Whole Milk Mixed Fruit Oatmeal (WGR)	1% Lowfat or Whole Milk Fresh Blueberries Waffles		1% Lowfat or Whole Milk Peaches Veggie Quiche (Vit A)		1% Lowfat or Whole Milk Pears Cinnamon Raisin Toast w/ butter		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Life Cereal (WGR)	
Lunch	1% Lowfat or Whole Milk Meatloaf Green Peas (Vit C) Oranges (Vit C) Buttered Noodles (WGR)	1% Lowfat or Whole Milk Beef or Chicken Tacos Lettuce & Tomatoes Mixed Fruit Tortilla (WGR)		1% Lowfat or Whole Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich (WGR)		1% Lowfat or Whole Milk Beef or Chicken Stir Fry Asparagus (Vit C) Mangos (Vit C) Brown Rice (WGR)		1% Lowfat or Whole Milk Sloppy Joes w/ ground beef Carrots (Vit A) Pineapple (Vit C) Bun/Roll	
Snack	Snack Cracker Hard Boiled Egg (Vit A) Water	Apple Slices Peanut Butter Water		100% Orange Juice (Vit C) Pretzels		Raw Broccoli Snack Crackers Water		Mixed Fruit Yogurt Water	

"If your child has a food allergy, please notify us."

Water is made available throughout the day.

Whole milk is required for children up to 2 years of age. All milk served is unflavored.

Vitamin C and A foods served at Head Start only partially fulfill the daily requirements of these vitamins.

Vitamin B complex comes from whole grains. At least one Whole Grain Rich **(WGR)** food will be served daily.

Menus are reviewed and approved by the program's Nutrition Consultant once every 24 months.

Menus are subject to change without notice.

Meals served at Head Start are free to all enrolled children regardless of color, race, national origin, sex, age or disabling condition.

This institution is an equal opportunity provider.

(Menus 5 & 6)

OCTOBER 2024

Oct 14-18	Monday	14	Tuesday	15	Wednesday	16	Thursday	17	Friday	18
Breakfast			1% Lowfat or Whole Milk Bananas Corn Flakes	1% Lowfat or Whole Milk Mixed Fruit English Muffin w/ Peanut Butter		1% Lowfat or Whole Milk Pears Bagels		1% Lowfat or Whole Milk Peaches Kix Cereal		
Lunch	NO EARLY HEAD START OR HEAD START CLASS COLUMBUS DAY HOLIDAY		1% Lowfat or Whole Milk Grilled Cheese (Vit A) HM Tomato & Pasta Soup (Vit C) Cantaloupe (Vit A & C) W/W Bread (WGR)	1% Lowfat or Whole Milk HM Chicken Nuggets Tater Tots Oranges (Vit C) W/W Bread w/ butter (WGR)		1% Lowfat or Whole Milk Ground Beef/ Cheese Spinach (Vit A & C)/Romaine Salad Pineapple (Vit C) HM Pizza Crust		1% Lowfat or Whole Milk Ham Broccoli (Vit A and C) Mandarin Oranges (Vit C) Macaroni & Cheese (WGR)		
Snack			Fresh Apple Slices Peanut Butter Water	Cauliflower (raw) Snack Cracker Water		Orange Smoothie w/yogurt W/W Cracker (WGR)		Mixed Fruit Cottage Cheese		
Oct 21-25	Monday	21	Tuesday	22	Wednesday	23	Thursday	24	Friday	25
Breakfast	1% Lowfat or Whole Milk Bananas W/W Toast (WGR)		1% Lowfat or Whole Milk Fresh Blueberries Cinnamon Raisin Toast		1% Lowfat or Whole Milk Peaches Life Cereal (WGR)		1% Lowfat or Whole Milk Strawberries Waffles		1% Lowfat or Whole Milk Mixed Fruit Scrambled Eggs (Vit A) W/W Toast (WGR)	
Lunch	1% Lowfat or Whole Milk Turkey Mashed Potatoes (Vit C) Carrots (Vit A) Dinner Roll		1% Lowfat or Whole Milk Ground Beef Sauce (Vit C) Mixed Vegetables (Vit A) Pears Spaghetti (WGR)		1% Lowfat or Whole Milk Baked Chicken Green Beans Cantaloupe (Vit A & C) Buttered Noodles		1% Lowfat or Whole Milk Hamburger Broccoli (Vit A and C) Oranges (Vit C) Bun/Roll (WGR)		1% Lowfat or Whole Milk Pork Tenderloin Mashed Potatoes (Vit C) Corn Rolls w/ Butter	
Snack	1% Lowfat or Whole Milk Graham Crackers		Dried Cranberries Snack Crackers		Bananas Yogurt Water		Carrot Sticks Cheerios Water		100% Juice Trail Mix	

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(Menus 1 & 2)

Lewis County Head Start/Early Head Start

Beaver Falls Class Lowville Class I Lowville Class II Lyons Falls Class (HS & EHS) BOCES Class

OCTOBER 2024

Oct 28-31	Monday	28	Tuesday	29	Wednesday	30	Thursday	31	Friday
Breakfast			1% Lowfat or Whole Milk Bananas Rice Krispies Cereal		1% Lowfat or Whole Milk Peaches Mini Bagel (WGR)		1% Lowfat or Whole Milk Strawberries (Vit C) Pancakes		
Lunch	NO HEAD START CLASS		1% Lowfat or Whole Milk Hot Turkey Sandwich Sweet Potato Fries (Vit A) Applesauce W/W Bread (WGR)		1% Lowfat or Whole Milk Pulled Pork Barbeque Carrots (Vit A) Mixed Fruit (Vit C) Hamburger Bun		1% Lowfat or Whole Milk Chicken Noodle Casserole Green Peas (Vit C) Orange Slices (Vit C) Noodles (WGR)		
Snack			W/W Cracker Mangos (Vit C) Water		Yogurt Apple Slices Water		Sweet Pepper Strips Snack Cracker Water		

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