Lewis County Head Start/Early Head Start

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

OCTOBER 2026

Oct 1-2	Monday		Tuesday		Wednesday		Thursday	1	Friday	2
Breakfast							1% Lowfat or Whole Milk Mixed Fruit Pancakes		1% Lowfat or Whole Milk Bananas Scrambled Eggs (Vit A) W/W Toast	
Lunch							1% Lowfat or Whole Milk Teriakyi Meatballs Mashed Potatoes (Vit C) Pears W/W Bread **(WGR)**		1% Lowfat or Whole Milk Spanish Rice w/ Hamburger ** Green Beans Cantaloupe (Vit A & C) Brown Rice **(WGR)**	
Snack							1% Lowfat or Whole Milk Graham Crackers		Plums (Vit C) Crackers Water	
Oct 5-9	**Monday**	**5**	**Tuesday**	**6**	**Wednesday**	**7**	**Thursday**	**8**	**Friday**	**9**
Breakfast	1% Lowfat or Whole Milk Pears Cold Cereal **(WGR)**		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 Chicken w/ Gravy Carrots (Vit A) Mangos (Vit C) Bisquits		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	100% Juice Gold Fish Crackers		1% Lowfat or Whole Milk Graham Crackers		Cheese Stick (Vit A) Raisins Water		Cucumber Slices Snack Crackers Water		Yogurt Blueberries 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 4 & 5)

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OCTOBER 2026

Oct 12-16	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
Breakfast		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	**COLUMBUS DAY** **NO EHS OR HS CLASS**	1% Lowfat or Whole Milk Beef or Chicken Tacos Lettuce & Tomatoes Cantaloupe (Vit C) Cantaloupe (Vit C)	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		Apple Slices Peanut Butter Water	100% Orange Juice (Vit C) Pretzels	Raw Broccoli Snack Crackers Water	Mixed Fruit Yogurt Water
Oct 19-23	**Monday 19**	**Tuesday 20**	**Wednesday 21**	**Thursday 22**	**Friday 23**
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 HS CLASS**	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 Water

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(Menus 6 & 1)

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Oct 26-30	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
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 Adobo Pulled Chicken** Black Bean and Corn Salad ** Cantaloupe (Vit A & C) Brown Rice **(WGR)**	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 Water	Bananas Yogurt Water	Carrot Sticks Cheerios Water	100% Juice Trail Mix

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(Menus 2)



