



Jamestown Area School District

Head Start Lunch Menu



Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
29-Sep Breaded Chicken Patty on WG Bun Lettuce Leaf, Tomato, Pickle Baked French Fries Diced Pears	30-Sep Max Sticks (Cheesy Bread Sticks) BBQ Sidewinders Garden Salad with Ranch Sliced Peaches	1-Oct Boneless Chicken Wings Dipping Sauce Rice Pilaf Steamed Vegetables Applesauce Rice Crispy Treat	2-Oct Sweet & Slow Roasted Pulled Pork Sandwich on WG Bun Baked Potato Cole Slaw Mandarin Oranges	3-Oct Nacho Supreme Rice Pilaf Refried Beans Lettuce, Tomato, Salsa, Sour Cream, Olives, Peppers Fruit Variety
6-Oct Cheese Filled Ravioli Savory Marinara Sauce Garlic Bread Stick Green Beans Diced Pears Ice Cream Sandwich	7-Oct Chicken Nuggets WG School-made Roll Mashed Potatoes Gravy Mixed Vegetables Sliced Peaches	8-Oct Rodeo Burger (BBQ Burger, Onion Ring & Cheese) on WG Bun Tater Tots Baked Beans Applesauce	9-Oct Turkey & Bacon Chipotle Ranch Wedge Lettuce, Tomato, Pickle Potato Chips Mandarin Oranges	10-Oct No School 
 13-Oct No School National School Lunch Week Celebrated with the theme "Taste the World" 	14-Oct Mexican Nachos Tri-colored Nacho Chips Lettuce, Tomatoes, Olives Refried Beans Salsa, Sour Cream Sliced Peaches	15-Oct Macaroni & Cheese Garlic Bread Stick Steamed Vegetables Applesauce French Cookie Treat	16-Oct Breaded Chicken Cutlets "Chicken Tenders" Soft Pretzels German Potato Salad Dipping Sauce German Chocolate Cake Mandarin Oranges	17-Oct Pasta Bar Sauce: Meat, Marinara, Cheese, Alfredo Garlic Bread Stick Garden Salad Fruit Variety Gelato
20-Oct General Tso Chicken Egg Roll Rice Pilaf Oriental Vegetables Chilled Pineapple	21-Oct Cheeseburger on WG Bun Lettuce Leaf, Tomato Sliced Onion, Pickle Spear Tater Tots Sweet Baked Beans Sliced Peaches	22-Oct Meatball Hoagie on WG Bun Mozzarella Cheese Baked French Fries Applesauce School-Made Apple crisp	23-Oct Popcorn Chicken Bowl WG School-Made Roll Mashed Potatoes & Gravy Steamed Corn Topped with Shredded Cheese Mandarin Oranges	24-Oct Stuffed Crust Cheese Pizza Garden Salad with Ranch Frozen Side Kick Fruit Variety 
27-Oct Chicken Tender Wrap Topped with Cheddar Cheese and Chopped Lettuce Seasoned Wedge Fries Fruit Variety 	28-Oct Nacho Supreme Turkey Taco Meat Rice Pilaf Refried Beans Lettuce, Tomato, Olives Banana Peppers, Salsa Sliced Peaches	29-Oct Pasta Bar Select your sauce: Meat, Marinara, Cheese or Alfredo Garlic Bread Stick Garden Salad Applesauce	30-Oct Large Soft Pretzel with Cheese and Hummus Veggie Sticks Garden Salad Mandarin Oranges	31-Oct Frightful Feast Sandwich "Chick-Fil-A" Lettuce, Tomato, Pickle Wacky Web Fries Chickin Dippin Sauce Fruit Variety Halloween Treat

This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

Daily Vegetables: Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal

