

OCTOBER 2025 HEAD START BREAKFAST

October 2025

Monday	Tuesday	Wednesday	Thursday
		1 <b>Breakfast Entree</b> Blueberry Bread <b>Fruit</b> Applesauce 1/2 cup serving <b>Milk</b> 1% Milk	2 <b>Breakfast Entree</b> Sunbutter & Grape Jelly Sandwich <b>Fruit</b> Oranges, All Sizes, 1/2 cup <b>Milk</b> 1% Milk
6 <b>Breakfast Entree</b> Blueberry Muffin <b>Fruit</b> Applesauce 1/2 cup serving <b>Milk</b> 1% Milk	7 <b>Breakfast Entree</b> Cereal, Lucky Charms, Less Sugar <b>Fruit</b> Apple Slices <b>Milk</b> 1% Milk	8 <b>Breakfast Entree</b> Sunbutter & Grape Jelly Sandwich <b>Fruit</b> Oranges, All Sizes, 1/2 cup <b>Milk</b> 1% Milk	9 <b>Breakfast Entree</b> Apple Cinnamon Muffin <b>Fruit</b> Applesauce 1/2 cup serving <b>Milk</b> 1% Milk
13 <b>Breakfast Entree</b> Cinnamon Ultimate Breakfast Round <b>Fruit</b> Diced Pears <b>Milk</b> 1% Milk	14 <b>Breakfast Entree</b> Honey Cheerios Cereal <b>Fruit</b> Oranges, All Sizes, 1/2 cup <b>Milk</b> 1% Milk	15 <b>Breakfast Entree</b> Annie's Bunny Grahams <b>Fruit</b> Applesauce <b>Milk</b> 1% Milk	16 <b>MEA BREAK</b>
20 <b>Breakfast Entree</b> Maple Waffle Snap Crackers <b>Fruit</b> Mandarin Oranges <b>Milk</b> 1% Milk	21 <b>Breakfast Entree</b> Cinnamon Toast Crunch Cereal <b>Fruit</b> Mixed Fruit Cup <b>Milk</b> 1% Milk <b>Misc.</b> Strawberry Banana Trix Yogurt	22 <b>Breakfast Entree</b> Banana Bread <b>Fruit</b> Apple Slices <b>Milk</b> 1% Milk	23 <b>Breakfast Entree</b> Mixed Berry Animal Crackers <b>Fruit</b> Oranges, All Sizes, 1/2 cup <b>Milk</b> 1% Milk
27 <b>Breakfast Entree</b> Blueberry Snack Loaf <b>Fruit</b> Diced Peaches <b>Milk</b> 1% Milk	28 <b>Breakfast Entree</b> Cocoa Puffs Cereal <b>Fruit</b> Diced Pears <b>Milk</b> 1% Milk	29 <b>Lunch Entree</b> Strawberry Uncrustables Sandwich <b>Fruit</b> Apple Slices <b>Milk</b> 1% Milk	30 <b>Breakfast Entree</b> Cereal, Lucky Charms, Less Sugar <b>Fruit</b> Oranges, All Sizes, 1/2 cup <b>Milk</b> 1% Milk

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