

OCTOBER 2021

Head Start and Riverside & Pleasantview VPK

*Breakfast includes ½ cup fruit/vegetable and 1% milk.

*Lunch includes ¼ fruit, ¼ cup vegetable and 1% milk.

*100% Whole Grain or Whole Grain Rich provided.

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal Variety

4

Chicken Nuggets
Baby Carrots
Apple
Milk

Muffin Variety

5

Hot Dog on a Bun
Baked Beans
Banana
Milk

Grahams Variety & Yogurt

6

Hot Ham & Cheese Sandwich
Celery Sticks
Orange Wedges
Milk

Breakfast Bread

7

Hamburger on a Bun
Cucumber Slices
Fruit Variety
Milk

Breakfast Variety

1

Cheese Pizza
Veggie Variety
Fruit Variety,
Milk

Cereal Variety

11

Cheese Quesadilla
Baby Carrots
Apple
Milk

Muffin Variety

12

BBQ Rib Sandwich
Ranch Veggie Salad
Banana
Milk

Grahams

13

PBJ
Baby Carrots
Orange Wedges
Milk

Breakfast Bread

14

Corn Dog
Baked Beans
Veggie Variety
Fruit Variety
Milk

Breakfast Variety

15

Pizza Crunchers
Red Pepper Strips
Applesauce
Milk

Cereal Variety

18

Breaded Chicken Sandwich
Baby Carrots
Apple
Milk

Muffin Variety

19

Scalloped Potatoes & Ham
Dinner Roll
Banana
Milk

Grahams Variety & Yogurt

20

Hot Ham & Cheese Sandwich
Roasted Chickpeas
Orange Wedges
Milk

MEA
Break

21

MEA
Break

22

Cereal Variety

25

Chicken Nuggets
Baby Carrots & Celery
Apple
Milk

Muffin Variety

26

Pasta & Meat Sauce
Romaine Garden Salad with
Cherry Tomatoes
Banana
Milk

Grahams Variety

27

PBJ
Harvest Cheddar Sunchips
Celery Sticks
Orange Wedges
Milk

Breakfast Bread

28

Hamburger on a Bun
Cucumber Slices
Fruit Variety
Milk

Breakfast Variety

29

Five Cheese French Bread
Veggie Variety
Fruit Variety
Milk

This institution is an equal opportunity provider. Menus are subject to change.