




November 2009 Head Start Menu



| Mon | Tue | Wed | Thu | Fri |
|--|---|--|---|--|
| <p>2. Breakfast: Rice Krispies Cereal and Red Delicious Apples Lunch: Oven Baked Chicken, Sweet Potatoes, Fresh Cantaloupe and Corn Bread Muffin Snack: Mandarin Oranges and Strawberry Yogurt</p> | <p>3. Breakfast: Pancakes with Maple Syrup and Fruit Mix Lunch: BBQ Beef Burger, Whole Wheat Buns, Mixed Vegetables and Fresh Tangerines/Strawberries Snack: Soft Pretzel and Grape Juice</p> | <p>4. Breakfast: Oatmeal with Raisins and Pineapple tidbits Lunch: Enchiladas with Tomato Sauce & Cheese, Steamed Broccoli, Golden Delicious Apples or Watermelon Snack: Animal Crackers and Diced Pears</p> | <p>5. Breakfast: Crispix Cereal and Fresh Banana Lunch: Turkey Ham Sandwich, Sliced Cucumbers with Dip and Fresh raw Oranges Snack: Corn Flake Cereal with Milk</p> | <p>6. Breakfast: Blueberry Muffin and Diced Apricots Lunch: Roasted Sliced Turkey, Whole Wheat Bread, Fresh Baby Carrots and Kiwi Snack: American Cheese Quesadillas</p> |
| <p>9. Breakfast: French Toast and Mandarin Oranges Lunch: Macaroni & Cheese, Steamed Broccoli and Fresh Cantaloupe Snack: Animal Crackers with Milk</p> | <p>10. Breakfast: Raisin Bran Cereal and Fresh Bananas Lunch: Beef Ravioli, French Bread, Spinach Salad with Dressing and Fresh Oranges Snack: Ritz Crackers and Golden Delicious Apples</p> | <p>11. Holiday</p>  | <p>12. Breakfast: Biscuits and Jelly, Diced Peaches Lunch: Roasted Turkey Sandwiches, Zucchini Sticks with Dip and Fresh Tangerines or Strawberries Snack: Cottage Cheese and Pineapple Tidbits</p> | <p>13. Breakfast: Cheerios Cereal and Fresh Oranges Lunch: Turkey Bologna, Whole Wheat Bread, Fresh Sliced Tomato and Diced Apricots Snack: Orange Juice and Goldfish Crackers</p> |
| <p>16. Breakfast: Bran Muffin and Fresh Cantaloupe Lunch: Fiesta Dinner, Tortillas and Tangerines or Strawberries Snack: Cheese-It Crackers and Apricots, halves</p> | <p>17. Breakfast: Bagel with Cream Cheese and Mixed Fruit Lunch: Teriyaki Chicken, Steamed Rice, Sunomono Salad and Fresh Kiwi Snack: Soft Pretzel and Golden Delicious Apples</p> | <p>18. Breakfast: Granola Cereal and Fresh Bananas Lunch: Spaghetti with Meat and Tomato Sauce, Green Salad with Italian Dressing and Fresh Oranges Snack: Rice Cakes and Diced Peaches</p> | <p>19. Breakfast: French Toast and Red Delicious Apples Lunch: Turkey & Cheese, Roll Up in a Tortilla, Coleslaw and Chunk Mangos Snack: Bagelette and Grape Juice</p> | <p>20. Breakfast: Rice Krispies Cereal and Diced Apricots Lunch: Tuna Salad, Crackers, Fresh Baby Carrots and Cantaloupe Snack: Cinnamon Raisin Bread and Milk</p> |
| <p>23. Breakfast: Corn Flakes Cereal and Fresh Oranges Lunch: Cheesy Potato Baked with Chicken, Dinner Roll and Cantaloupe Snack: Granola Cereal and Fruit Mix</p> | <p>24. Breakfast: Oatmeal with Raisins and Pineapple Lunch: Beef Macaroni and Tomato Sauce, Green Salad with Dressing and Fresh Oranges Snack: Bean Dip and Flour Tortillas</p> | <p>25. Breakfast: Raisin Bran Cereal and Fresh Bananas Lunch: Turkey Bologna Sandwich, Broccoli with Dip and Fresh Kiwi Snack: Classic Crackers and Orange Juice</p> | <p>26. Holiday</p> | <p>27. Holiday</p> |

30. Breakfast: Crispix Cereal and Fresh Cantaloupe
Lunch: Sloppy Joes, Whole Wheat Bun, Whole Kernel Corn and Apricots
Snack: Rice Krispies Cereal and Milk

Hey Preschoolers! We would like to remind you that all Preschool meals and some snacks are to be served with 2% Milk. Also, Toddler meals and some snacks are served with Whole Milk.

