

# SETA HEAD START MENU

# October 2021

"This institution is an equal opportunity provider"

"Bread products are whole grain and sliced meats are processed."

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4 Breakfast Week 2**  
Milk, Low Fat 1%  
Applesauce  
Kix  
Lunch  
Milk, Low Fat 1%  
Apricots  
BBQ Beef Burger  
Mixed Vegetables  
Whole Wheat Bun  
Snack  
Cheese Sticks  
Oranges, fresh

**5 Breakfast Week 2**  
Milk, Low Fat 1%  
French Toast Sticks  
Pears  
Lunch  
Milk, Low Fat 1%  
Apple, fresh  
Carrot, fresh  
Chicken Drumsticks  
Whole Grain Buns  
Watermelon, fresh or  
Snack  
Milk, Low Fat 1%  
Brown Rice Krispies Cereal

**6 Breakfast Week 2**  
Milk, Low Fat 1%  
Oatmeal Cereal  
Pineapple, tidbits  
Raisins  
Lunch  
Milk, Low Fat 1%  
Chicken Teriyaki  
Rice, Brown  
Strawberries, fresh or  
Sunomono Salad  
Tangerine, fresh or  
Snack  
Muffin, Blueberry  
Peaches

**7 Breakfast Week 2**  
Milk, Low Fat 1%  
Banana, fresh  
Crispix Cereal  
Lunch  
Milk, Low Fat 1%  
BBQ Beef Brisket  
Oranges, fresh  
Tomato, fresh  
Whole Grain Mini Hoagie Roll  
Snack  
Milk, Low Fat 1%  
Crackers, Dick & Jane

**1 Breakfast Week 1**  
Milk, Low Fat 1%  
Banana, fresh  
Muffin, Blueberry  
Lunch  
Milk, Low Fat 1%  
Whole Wheat Bread  
Cantaloupe, fresh  
Cauliflower, fresh  
Tuna Salad  
Snack  
Milk, Low Fat 1%  
Brown Rice Krispies Cereal

**8 Breakfast Week 2**  
Milk, Low Fat 1%  
Apple, fresh  
Muffin, Banana  
Lunch  
Milk, Low Fat 1%  
Whole Wheat Bread  
Broccoli, fresh  
Cantaloupe, fresh  
Turkey Sliced  
Snack  
Applesauce  
Crackers, Remy's Graham

**11 Breakfast Week 3**  
Milk, Low Fat 1%  
Cheerios Cereal  
Oranges, fresh  
Lunch  
Milk, Low Fat 1%  
Apple, fresh  
Green Peas  
Macaroni & Cheese  
Watermelon, fresh or  
Snack  
Crackers, Ritz Whole Wheat  
Pears

**12 Breakfast Week 3**  
Milk, Low Fat 1%  
Applesauce  
Waffles, sticks  
Lunch  
Milk, Low Fat 1%  
Chicken Drumsticks  
Spinach Salad  
Oranges, fresh  
Wheat Breadsticks  
Snack  
Apple, fresh  
Sun Butter

**13 Breakfast Week 3**  
Milk, Low Fat 1%  
Whole Wheat Biscuit  
Peaches  
Lunch  
Milk, Low Fat 1%  
Cantaloupe, fresh  
Fiesta Rice & Beans  
Tomato, diced  
Snack  
Milk, Low Fat 1%  
Strawberry Chex

**14 Breakfast Week 3**  
Milk, Low Fat 1%  
Banana, fresh  
Whole Wheat Bagel  
Lunch  
Milk, Low Fat 1%  
Carrot, fresh  
Chicken Salad  
Strawberries, fresh or  
Tangerine, fresh or  
Wheat Ciabatta Bread  
Snack  
Crackers, Dick & Jane  
Pineapple, tidbits

**15 Breakfast Week 3**  
Milk, Low Fat 1%  
Muffin, Banana  
Oranges, fresh  
Lunch  
Milk, Low Fat 1%  
Apricots  
Swiss American Cheese  
Tortilla, Whole Wheat  
Zucchini sticks  
Snack  
Milk, Low Fat 1%  
Cheerios, Whole Grain Cereal

**18 Breakfast Week 4**  
Milk, Low Fat 1%  
Apple, fresh  
Brown Rice Krispies Cereal  
Lunch  
Milk, Low Fat 1%  
Beef, Hamburger  
Corn  
Oranges, fresh  
Whole Wheat Bun  
Snack  
Crackers, Dick & Jane  
Peaches

**19 Breakfast Week 4**  
Milk, Low Fat 1%  
Pineapple, tidbits  
Whole Wheat Bagel  
Lunch  
Milk, Low Fat 1%  
Apricots  
Coleslaw Salad  
Tortilla, Whole Wheat  
Turkey & Cheese Roll Up  
Snack  
Milk, Low Fat 1%  
Cheerios, Whole Grain Cereal

**20 Breakfast Week 4**  
Milk, Low Fat 1%  
Banana, fresh  
Oatmeal Cereal  
Lunch  
Milk, Low Fat 1%  
Cheese Enchilada with Sauce  
Romaine Lettuce Salad  
Oranges, fresh  
Snack  
Carrot, fresh  
Crackers, Wheat Thins  
Hummus

**21 Breakfast Week 4**  
Milk, Low Fat 1%  
Apricots  
French Toast Sticks  
Lunch  
Milk, Low Fat 1%  
Beans Refried  
Cheddar Cheese  
Mangoes  
Tomato, diced  
Tortilla, Whole Wheat  
Snack  
Craisins - Dried Cranberries  
Cheese Sticks

**22 Breakfast Week 4**  
Milk, Low Fat 1%  
Apple, fresh  
Muffin, Blueberry  
Lunch  
Milk, Low Fat 1%  
Cantaloupe, fresh  
Carrot, fresh  
Crackers, Ritz Whole Wheat  
Tuna Salad  
Snack  
Milk, Low Fat 1%  
Crackers, Remy's Graham

**25 Breakfast Week 5**  
Milk, Low Fat 1%  
Pancakes  
Pears  
Lunch  
Milk, Low Fat 1%  
Apricots  
Chicken Patty  
Coleslaw Salad  
Whole Wheat Bun  
Snack  
Cheese Sticks  
Pineapple, tidbits

**26 Breakfast Week 5**  
Milk, Low Fat 1%  
Apple, fresh  
Cheerios, Whole Grain Cereal  
Lunch  
Milk, Low Fat 1%  
Whole Wheat Bread  
Cantaloupe, fresh  
Carrot, fresh  
Turkey Sliced  
Snack  
Milk, Low Fat 1%  
Kix

**27 Breakfast Week 5**  
Milk, Low Fat 1%  
Whole Wheat Biscuit  
Peaches  
Lunch  
Milk, Low Fat 1%  
Beef, Salisbury Steak & Gravy  
Mashed Potatoes  
Whole Grain Buns  
Strawberries, fresh or  
Tangerine, fresh or  
Snack  
Crackers, Dick & Jane  
Juice 100%

**28 Breakfast Week 5**  
Milk, Low Fat 1%  
Oatmeal Cereal  
Pineapple, tidbits  
Raisins  
Lunch  
Milk, Low Fat 1%  
Beef, Salisbury Steak & Gravy  
Apricots  
Romaine Lettuce Salad  
Spaghetti Casserole (turkey)  
Snack  
Milk, Low Fat 1%  
Strawberry Chex

**29 Breakfast Week 5**  
Milk, Low Fat 1%  
Muffin, Banana  
Oranges, fresh  
Lunch  
Milk, Low Fat 1%  
Banana, fresh  
Broccoli, fresh  
Chicken Salad  
Crackers, Wheat Thins  
Snack  
Milk, Low Fat 1%  
Brown Rice Krispies Cereal