

# SETA HEAD START MENU **October 2023**

"This institution is an equal opportunity provider"

"Grains/Bread products are whole grain, sliced meats are processed, under 2yrs receive whole milk and 2 and over receive 1% reduced fat milk"

## Monday

<b>2</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Pancakes
	Pears
	<u>Lunch</u>
	Milk, Low Fat 1%
	Carrot, fresh
	Lemon Pepper Chicken
	Oranges, fresh
	Tortilla, Whole Wheat
	<u>Snack</u>
	Applesauce
	Crackers,Remy's Graham

## Tuesday

<b>3</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Apricots
	Raisin Bran Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	American Cheese
	Apple, fresh
	Whole Wheat Bread
	Celery Sticks
	Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1%
	Strawberry Chex

## Wednesday

<b>4</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<u>Lunch</u>
	Milk, Low Fat 1%
	Burrito
	Cheddar Cheese
	Romaine Lettuce
	Refried Beans
	Strawberries, fresh or
	Tangerine, fresh or
	Tomato, diced
	Tortilla, Whole Wheat
	<u>Snack</u>
	Craisins - Dried Cranberries
	Cheese Sticks

## Thursday

<b>5</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Pineapple, tidbits
	Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1%
	Oranges, Mandarin
	Spanish Rice & Chicken
	Zucchini sticks
	<u>Snack</u>
	Apple, fresh
	Sun Butter

## Friday

<b>6</b>	<b>Breakfast Week 1</b>
	Milk, Low Fat 1%
	Banana, fresh
	Muffin, Blueberry
	<u>Lunch</u>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Cantaloupe, fresh
	Cauliflower, fresh
	Tuna Salad
	<u>Snack</u>
	Milk, Low Fat 1%
	Cinnamon Chex Cereal

## 9 Breakfast Week 2

	Milk, Low Fat 1%
	Applesauce
	Kix
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	BBQ Beef Burger
	Mixed Vegetables
	Whole Wheat Bun
	<u>Snack</u>
	Cheese Sticks
	Oranges, fresh

## 10 Breakfast Week 2

	Milk, Low Fat 1%
	French Toast Sticks
	Pears
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apple, fresh
	Carrot, fresh
	Chicken Drumsticks
	Whole Grain Buns
	Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1%
	Rice Chex Cereal

## 11 Breakfast Week 2

	Milk, Low Fat 1%
	Oatmeal Cereal
	Pineapple, tidbits
	Raisins
	<u>Lunch</u>
	Milk, Low Fat 1%
	Chicken Teriyaki
	Rice, Brown
	Strawberries, fresh or
	Sunomono Salad
	Tangerine, fresh or
	<u>Snack</u>
	Muffin, Blueberry
	Peaches

## 12 Breakfast Week 2

	Milk, Low Fat 1%
	Banana, fresh
	Crispix Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	BBQ Beef Brisket
	Oranges, fresh
	Tomato, fresh
	Whole Grain Mini Hoagie Roll
	<u>Snack</u>
	Milk, Low Fat 1%
	Crackers,Dick & Jane

## 13 Breakfast Week 2

	Milk, Low Fat 1%
	Apple, fresh
	Muffin, Banana
	<u>Lunch</u>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Broccoli, fresh
	Cantaloupe, fresh
	Turkey Sliced
	<u>Snack</u>
	Applesauce
	Crackers,Remy's Graham

## 16 Breakfast Week 3

	Milk, Low Fat 1%
	Cheerios Cereal
	Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apple, fresh
	Green Peas
	Macaroni & Cheese
	Watermelon, fresh or
	<u>Snack</u>
	Crackers, Ritz Whole Wheat
	Pears

## 17 Breakfast Week 3

	Milk, Low Fat 1%
	Applesauce
	Waffles, sticks
	<u>Lunch</u>
	Milk, Low Fat 1%
	Beef Ravioli
	Spinach Salad
	Oranges, fresh
	Wheat Breadsticks
	<u>Snack</u>
	Apple, fresh
	Sun Butter

## 18 Breakfast Week 3

	Milk, Low Fat 1%
	Whole Wheat Biscuit
	Peaches
	<u>Lunch</u>
	Milk, Low Fat 1%
	Cantaloupe, fresh
	Fiesta Beans
	Muffin, Corn Bread
	<u>Snack</u>
	Milk, Low Fat 1%
	Strawberry Chex

## 19 Breakfast Week 3

	Milk, Low Fat 1%
	Banana, fresh
	Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1%
	Carrot, fresh
	Chicken Salad
	Strawberries, fresh or
	Tangerine, fresh or
	Wheat Ciabatta Bread
	<u>Snack</u>
	Crackers,Dick & Jane
	Pineapple, tidbits

## 20 Breakfast Week 3

	Milk, Low Fat 1%
	Muffin, Banana
	Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	Swiss American Cheese
	Tortilla, Whole Wheat
	Zucchini sticks
	<u>Snack</u>
	Milk, Low Fat 1%
	Raisin Bran Cereal

## 23 Breakfast Week 4

	Milk, Low Fat 1%
	Apple, fresh
	Rice Chex Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	Beef, Hamburger
	Corn
	Oranges, fresh
	Whole Wheat Bun
	<u>Snack</u>
	Crackers,Dick & Jane
	Peaches

## 24 Breakfast Week 4

	Milk, Low Fat 1%
	Pineapple, tidbits
	Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	Coleslaw Salad
	Tortilla, Whole Wheat
	Turkey & Cheese Roll Up
	<u>Snack</u>
	Milk, Low Fat 1%
	Cinnamon Chex Cereal

## 25 Breakfast Week 4

	Milk, Low Fat 1%
	Oatmeal Cereal
	Pears
	<u>Lunch</u>
	Milk, Low Fat 1%
	Cheese Enchilada with Sauce
	Romaine Lettuce Salad
	Oranges, fresh
	<u>Snack</u>
	Carrot, fresh
	Crackers, Wheat Thins
	Hummus

## 26 Breakfast Week 4

	Milk, Low Fat 1%
	Apricots
	French Toast Sticks
	<u>Lunch</u>
	Milk, Low Fat 1%
	Beans Refried
	Cheddar Cheese
	Mangoes
	Tomato, diced
	Tortilla, Whole Wheat
	<u>Snack</u>
	Craisins - Dried Cranberries
	Cheese Sticks

## 27 Breakfast Week 4

	Milk, Low Fat 1%
	Apple, fresh
	Muffin, Blueberry
	<u>Lunch</u>
	Milk, Low Fat 1%
	Cantaloupe, fresh
	Carrot, fresh
	Crackers, Ritz Whole Wheat
	Tuna Salad
	<u>Snack</u>
	Milk, Low Fat 1%
	Crackers,Remy's Graham

## 30 Breakfast Week 5

	Milk, Low Fat 1%
	Pancakes
	Pears
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	Chicken Patty
	Coleslaw Salad
	Whole Wheat Bun
	<u>Snack</u>
	Cheese Sticks
	Pineapple, tidbits

## 31 Breakfast Week 5

	Milk, Low Fat 1%
	Apple, fresh
	Cinnamon Chex Cereal
	<u>Lunch</u>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Carrot, fresh
	Mangoes
	Turkey Sliced
	<u>Snack</u>
	Milk, Low Fat 1%
	Kix