

SETA HEAD START MENU

October 2022

"This institution is an equal opportunity provider"

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

Monday

3	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

Tuesday

4	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

Wednesday

5	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

Thursday

6	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

Friday

7	Breakfast Week 4
	Milk, Low Fat 1%
	Apple, fresh
	Muffin, Blueberry
	<u>Lunch</u>
	Milk, Low Fat 1%
	Carrot, fresh
	Crackers, Ritz Whole Wheat
	Tuna Salad
	Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1%
	Crackers,Remy's Graham

10	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

11	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

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

13	Breakfast Week 5
	Milk, Low Fat 1%
	Oatmeal Cereal
	Pineapple, tidbits
	Raisins
	<u>Lunch</u>
	Milk, Low Fat 1%
	Apricots
	Romaine Lettuce Salad
	Spaghetti Casserole (turkey)
	<u>Snack</u>
	Milk, Low Fat 1%
	Strawberry Chex

14	Breakfast Week 5
	Milk, Low Fat 1%
	Muffin, Banana
	Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1%
	Banana, fresh
	Broccoli, fresh
	Chicken Salad
	Crackers, Wheat Thins
	<u>Snack</u>
	Milk, Low Fat 1%
	Rice Chex Cereal

17	Breakfast Week 1
	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

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

19	Breakfast Week 1
	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

20	Breakfast Week 1
	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

21	Breakfast Week 1
	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

24	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

25	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

26	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

27	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

28	Breakfast Week 2
	Milk, Low Fat 1%
	Apple, fresh
	Muffin, Banana
	<u>Lunch</u>
	Milk, Low Fat 1%
	Whole Wheat Bread
	Broccoli, fresh
	Turkey Sliced
	Watermelon, fresh or
	<u>Snack</u>
	Applesauce
	Crackers,Remy's Graham

31	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