

# SETA HEAD START MENU

# October 2024

"This institution is an equal opportunity provider"

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

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

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

**2 Breakfast Week 3**  
Milk, Low Fat 1%  
Whole Wheat Biscuit  
Peaches  
**Lunch**  
Milk, Low Fat 1%  
Cantaloupe, fresh  
Fiesta Beans  
Muffin, Corn Bread  
**Snack**  
Milk, Low Fat 1%  
Strawberry Chex

**3 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

**4 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%  
Raisin Bran Cereal

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

**8 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%  
Cinnamon Chex Cereal

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

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

**11 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

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

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

**16 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%

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

**18 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%  
Rice Chex Cereal

**21 Breakfast Week 1**  
Milk, Low Fat 1%  
Pancakes  
Pears  
**Lunch**  
Milk, Low Fat 1%  
Carrot, fresh  
Lemon Pepper Chicken  
Oranges, fresh  
Tortilla, Whole Wheat  
**Snack**  
Applesauce  
Crackers, Goldfish

**22 Breakfast Week 1**  
Milk, Low Fat 1%  
Apricots  
Raisin Bran Cereal  
**Lunch**  
Milk, Low Fat 1%  
American Cheese  
Apple, fresh  
Whole Wheat Bread  
Celery Sticks  
Watermelon, fresh or  
**Snack**  
Milk, Low Fat 1%  
Strawberry Chex

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

**24 Breakfast Week 1**  
Milk, Low Fat 1%  
Pineapple, tidbits  
Whole Wheat Bagel  
**Lunch**  
Milk, Low Fat 1%  
Oranges, Mandarin  
Spanish Rice & Chicken  
Zucchini sticks  
**Snack**  
Apple, fresh  
Sun Butter

**25 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%  
Cinnamon Chex Cereal

**28 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

**29 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%  
Rice Chex Cereal

**30 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

**31 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