







Jamestown Area School District

Head Start Lunch Menu

October 2024



Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| <p>30-Sep</p> <p>Breaded Chicken Patty on a WG Bun Lettuce, Tomato, Pickles Oven Baked French Fries Diced Pears</p> | <p>1-Oct</p> <p>Nacho Supreme (Taco Meat, Cheese Sauce) Refried Beans Lettuce, Tomato, Olives Sour Cream, Salsa Sliced Peaches</p> | <p>2-Oct</p> <p>Boneless Wing Bowl <i>Plain or BBQ</i> Soft Pretzel Vegetable Sticks Applesauce BBQ Dip</p> | <p>3-Oct</p> <p>Turkey & Gravy WG Dinner Roll Steamed Corn Garden Salad Mandarin Oranges</p> | <p>4-Oct</p> <p>Deli Sandwich (Ham and Cheese) Sandwich Toppings Potato Chips Mixed Fruit/Variety</p> |
| <p>7-Oct</p> <p>Cheese Filled Ravioli Marinara Sauce Garlic Bread Stick Garden Salad with Dressing Diced Pears</p>  | <p>8-Oct</p> <p>Chicken Nugget WG Dinner Roll Mashed Potatoes & Gravy Steamed Corn Sliced Peaches</p> | <p>9-Oct</p> <p>Max Cheese Sticks Marinara Dip BBQ Sidewinders Garden Salad Applesauce Blueberry Crisp</p> | <p>10-Oct</p> <p>Rodeo Cheese Burger (BBQ, Onion Ring) on WG Bun Lettuce, Tomato, Pickles Tater Tots Baked Beans Mandarin Oranges</p> | <p>11-Oct</p>  <p>No School</p>  |
| <p>14-Oct</p> <p>No School</p>  | <p>15-Oct</p> <p>No School</p> | <p>16-Oct</p> <p>Turkey, Bacon Wedge Wedge with Chipotle Ranch Elem - Ranch Sauce Only Lettuce, Tomato, Pickles Potato Chips Applesauce</p> | <p>17-Oct</p> <p>Breaded Chicken Patty on a WG Bun Lettuce, Tomato, Pickles Oven Baked French Fries Mandarin Oranges</p> | <p>18-Oct</p> <p>Fresh Cooked French Bread Pizza Garden Salad (Lettuce, Cucumbers, Tom) Mixed Fruit/Variety</p> |
| <p>21-Oct</p> <p>General Tso Chicken WG Rice Pilaf Oriental Vegetable & Broccoli Blend Chilled Pineapple</p> | <p>22-Oct</p> <p>Cheeseburger on WG Bun Tater Tots Baked Beans Sliced Peaches Carnival Cookie</p> | <p>23-Oct</p> <p>Meatball  zarella on WG Hoagie Bun Baked French Fries Fresh Vegetable Variety Applesauce</p> | <p>24-Oct</p> <p>Popcorn Chicken Bowl School Made WG Roll Mashed Potatoes & Gravy Steamed Corn Mandarin Oranges</p> | <p>25-Oct</p> <p>Stuffed Crust Cheese Pizza "The Max" Garden Salad with Buttermilk Ranch Mixed Fruit/Variety</p> |
| <p>28-Oct</p> <p>Fiestada Taco Pizza (Beef Crumbles & Mexican Cheese Blend) Garden Salad Diced Pears</p> | <p>29-Oct</p> <p>Nacho Supreme (Taco Meat, Cheese Sauce) Refried Beans Lettuce, Tomato, Olives Sour Cream, Salsa Sliced Peaches</p> | <p>30-Oct</p> <p>Cheese Filled Ravioli Marinara Sauce Garlic Bread Stick Garden Salad Applesauce</p> | <p>31-Oct</p> <p>Chick-Fil-A Sandwich (Breaded Crispy Chicken, Lettuce, Pickles) Waffle Fries Mandarin Oranges Iced Brownie</p> | <p>1-Nov</p> <p>Cheese Omelet WG Funnel Cake Hash Brown Patty Mixed Fruit/Variety</p>  |

This institution is an equal opportunity provider.

Milk: 1% milk offered with every meal

Menu is subject to change related to food availability.

Please Note: This menu meets qualifications per CACFP guidelines.