

# Jamestown Area School District



## Head Start Breakfast Menu

August-September 2022



Breakfast includes: Entrée (2 items), Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
22-Aug	23-Aug	24-Aug	25-Aug	26-Aug
29-Aug	30-Aug	31-Aug	1-Sep	2-Sep
Cinnamon Chex Fruit Variety 1% Milk	Blueberry Muffin Apple Slices 1% Milk	Yogurt & Crackers 1/2 Banana 1% Milk	Cinnamon Chex Apple Slices 1% Milk	Blueberry Muffin Apple Slices 1% Milk
5-Sep	6-Sep	7-Sep	8-Sep	9-Sep
No School	Mini Orange Dream Loaf Apple Slices 1% Milk	Cinnamon Chex 100% Juice 1% Milk	Yogurt & Crackers 1/2 Banana 1% Milk	Banana Muffin Apple Slices 1% Milk
12-Sep	13-Sep	14-Sep	15-Sep	16-Sep
Cinnamon Chex 1/2 Banana 1% Milk	Banana Muffin Apple Slices 1% Milk	Mini Orange Dream Loaf 100% Juice 1% Milk	Cheerios 1/2 Banana 1% Milk	Blueberry Muffin Apple Slices 1% Milk
19-Sep	20-Sep	21-Sep	22-Sep	23-Sep
Mini Orange Dream Loaf Apple Slices 1% Milk	Blueberry Muffin Apple Slices 1% Milk	Yogurt & Crackers 1/2 Banana 1% Milk	Cinnamon Chex Apple Slices 1% Milk	Blueberry Muffin Apple Slices 1% Milk
26-Sep	27-Sep	28-Sep	29-Sep	30-Sep
Mini Orange Dream Loaf 100% Juice 1% Milk	Blueberry Muffin Apple Slices 1% Milk	Cinnamon Chex 100% Juice 1% Milk	Yogurt & Crackers 1/2 Banana 1% Milk	Banana Muffin Apple Slices 1% Milk

This institution is an equal opportunity provider.

Please Note: This menu meets qualifications per CACFP guidelines.