



# Jamestown Head Start Classroom














## Head Start Lunch Menu

November 2022



Menu is subject to change related to food availability.

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
31-Oct 	1-Nov Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Peas	2-Nov Chicken Fajita on Flour Tortilla Shredded Cheese Black Bean & Corn Salad Fruit Filled Churro	3-Nov Buttered Noodles Savory Meat Sauce Garlic Bread Stick Garden Salad 	4-Nov School Made Stromboli Garden Salad 
7-Nov Macaroni & Cheese Garlic Bread Stick Steamed Green Beans 	8-Nov General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	9-Nov Nacho Supreme Rice Pilaf (9-12) Refried Beans Salsa & Sour Cream	10-Nov Chicken Patty Lettuce, Tomato, Pickle Baked French Fries School Dessert	11-Nov Stuffed Crust Pizza Garden Salad 
14-Nov Chicken Tenders Harvest Shaped Pretzel Au Gratin Potatoes BBQ Dip 	15-Nov Pepperoni Pizza Garden Salad 	16-Nov Cheeseburger on WG bun Oven Baked Fries 	17-Nov Roast Turkey Dinner Mashed Potatoes & Gravy Thanksgiving Stuffing Steamed Corn Pumpkin Pie <i>Community Thanksgiving</i>	18-Nov Walking Taco Rice Pilaf Shredded Lettuce Diced Tomato's Roasted Black Beans Salsa & Sour Cream
21-Nov Pittsburgh Salad Garden Salad with Breaded Chicken topped with Fries	22-Nov General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	23-Nov <b>No School</b> 	24-Nov <b>No School</b> 	25-Nov <b>No School</b>
28-Nov <b>No School</b> 	29-Nov Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Green Beans	30-Nov Nacho Supreme Rice Pilaf (9-12) Refried Beans Salsa & Sour Cream		

This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

Daily Vegetables: Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal



Please Note: This menu meets qualifications per CACFP guidelines.