



Jamestown Head Start Classroom









Head Start Lunch Menu

October 2021



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
3-Oct Max Cheese Sticks Marinara Dip Smile Fries 	4-Oct General Tso Chicken Rice Pilaf Oriental Vegetables Sweet & Sour Dip	5-Oct Nacho Supreme Refried Beans Salsa & Sour Cream 	6-Oct Chicken Patty Lettuce, Tomato, Pickle Baked French Fries Diane's Dessert	7-Oct NO SCHOOL 
10-Oct Cheeseburger Lettuce, Tomato, Pickle Tater Tots Baked Beans 	11-Oct Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Corn	12-Oct Soft Taco Shredded Cheese Lettuce, Tomato Salsa & Sour Cream Baked Fruit Churro	13-Oct Buttered Noodles Savory Meat Sace Garlic Bread Stick Garden Salad	14-Oct Stuffed Crust Pizza Baked French Fries 
17-Oct Italian Combo Plate (Breaded Ravioli & Breaded Cheese Sticks) Garlic Bread Stick Italian Chickpeas	18-Oct General Tso Chicken Rice Pilaf Oriental Vegetables Sweet & Sour Dip	19-Oct Fiesta Pizza (Pizza topped with Beef, Zesty Sauce, Cheese) Baked French Fries	20-Oct Turkey and Cheese Pretzel Bun Lettuce, Tomato Baked Chips	21-Oct Stromboli (Italian - Ham/Pepperoni) Marinara Dip Garden Salad
24-Oct Mini Cheese Ravioli Garlic Bread Stick Marinara Dip Garden Salad	25-Oct Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Peas	26-Oct Rodeo Burger (BBQ Burger, Cheese, Onion Ring) Lettuce, Tomato, Pickle Tater Tots	27-Oct Mummy Wraps Skeleton Fingers Witches Brew Boo-berry Crisp Liquid Ghost	28-Oct Meatball Sub Shredded Mozzarella Vegetable Variety Early Dismissal 
31-Oct Lasagna Roll Garlic Bread Stick Garden Salad Three Bean Salad				Halloween Menu Hot Dog Wraps French Fries Baked Beans Blueberry Crisp Vanilla Ice Cream Cup

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.