













Jamestown Area School District

Head Start Breakfast Menu

November 2023



Monday	Tuesday	Wednesday	Thursday	Friday
30-Oct 	31-Oct 	1-Nov Blueberry Muffin Fruit Variety 1% Milk	2-Nov Cereal Variety Cracker Variety Apple or Orange Slices 1% Milk 	3-Nov Yogurt & Emgoi Crackers Fruit Variety (Bananas) 1% Milk
6-Nov Iced Cinnamon Roll Fruit Variety 1% Milk 	7-Nov Breakfast Sandwiches Fresh Fruit 1% Milk	8-Nov Banana Muffin Apple Slices 1% Milk	9-Nov Cinnamon Chex Fruit Cup 1% Milk	10-Nov Nutrigrain Bar & Cheese Stick (Apple Cinnamon) Fruit Variety 1% Milk
13-Nov Chocolate Muffin Fruit Cup 1% Milk	14-Nov Mini Pancakes Fruit Variety 1% Milk 	15-Nov Cinnamon Chex Fresh Fruit 1% Milk	16-Nov Yogurt & Crackers Fruit Variety (Banana) 1% Milk 	17-Nov Cinnamon Crumb Cake Fruit Variety 1% Milk
20-Nov Muffin Variety Fruit Variety 1% Milk 	21-Nov Yogurt & Crackers Fruit Variety 1% Milk	22-Nov No School 	23-Nov No School 	24-Nov No School
27-Nov No School 	28-Nov Cereal & Crackers Fruit Variety 100% Juice 1% Milk 	29-Nov Banana Muffin Fresh Fruit Selection 100% Juice 1% Milk	30-Nov Mini French Toast Fresh Fruit Selection 100% Juice 1% Milk	1-Dec 

This institution is an equal opportunity provider.

Please Note: This menu meets qualifications per CACFP guidelines.