




Jamestown Area School District



Head Start Breakfast Menu

October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2-Oct Cereal Emoji Crackers Fruit Variety 1% Milk	3-Oct Banana Muffin Apple Slices 1% Milk	4-Oct Crackers String Cheese Fresh Fruit 1% Milk	5-Oct Mini Waffles 1/2 Banana 1% Milk	6-Oct No School
9-Oct No School 	10-Oct Blueberry Muffin Apple Slices 1% Milk	11-Oct Cinnamon Crumb Cake 1/2 Banana 1% Milk	12-Oct Cinnamon Chex Apple Slices 1% Milk	13-Oct Breakfast Uncrustable Apple Slices 1% Milk
16-Oct Muffin Apples 1% Milk	17-Oct Mini Orange Dream Loaf Apple Slices 1% Milk	18-Oct Cinnamon Chex 100% Juice 1% Milk	19-Oct Buttery Maple Waffle 1/2 Banana 1% Milk	20-Oct Banana Muffin Apple Slices 1% Milk
23-Oct Cinnamon Chex 1/2 Banana 1% Milk	24-Oct Banana Muffin Apple Slices 1% Milk	25-Oct Mini Orange Dream Loaf 100% Juice 1% Milk	26-Oct Mini French Toast 1/2 Banana 1% Milk	27-Oct Blueberry Muffin Apple Slices 1% Milk
30-Oct Mini Orange Dream Loaf Apple Slices 1% Milk	31-Oct Blueberry Muffin Apple Slices 1% Milk	1-Nov 	2-Nov	3-Nov 
This institution is an equal opportunity provider.				
Please Note: This menu meets qualifications per CACFP guidelines.				