

Jamestown Area School District

Head Start Lunch Menu





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 30-Oct 31-Oct Walking Taco Refried Beans Cheese Pizza Cheese, Salsa, Sour Cream Tossed Salad Tossed Salad & Variety Pears & Variety Frozen Juice Cup Slushy 6-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Tater Tots Monday Tuesday Wednesday Thursday Toved Salad French Bread Cheese Pizza Tossed Salad Fruit Variety & Frozen Juice Cup Slushy 9-Nov Cheeseburger on Bun Cheese Soft Taco & Churro Chicken Nuggets Fresh Dinner Roll Cheese, Salsa, Sour Cream Mashed Potatoes & Gravy | Friday 6-Oct Max Cheese Stuffed Bread Sticks, Marinara Dip Spudster Potatoes Applesauce 10-Nov Stuffed Crust Cheese Pizza Garden Salad Fruit Variety |
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| Walking Taco Refried Beans Cheese, Salsa, Sour Cream Tossed Salad & Variety Pears & Variety Pears & Variety Pears & Variety Tossed Salad & Variety Pears & Variety Pears & Variety Pears & Variety Pears & Variety Frozen Juice Cup Slushy 9-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Rice Pilaf Churro only with main entrée Fresh Dinner Roll | Max Cheese Stuffed Bread Sticks, Marinara Dip Spudster Potatoes Applesauce 10-Nov Stuffed Crust Cheese Pizza Garden Salad |
| Refried Beans Cheese, Salsa, Sour Cream Tossed Salad & Variety Pears & Variety Pears & Variety Pears & Variety Frozen Juice Cup Slushy 7-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Rice Pilaf Cheese, Salsa, Sour Cream Fruit Variety & Frozen Juice Cup Slushy 9-Nov Cheeseburger on Bun Cheese Pizza Tossed Salad Fruit Variety & Frozen Juice Cup Slushy 9-Nov Cheeseburger on Bun Cheese Pizza Tossed Salad Fruit Variety & Frozen Juice Cup Slushy 9-Nov Cheeseburger on Bun Cheese Pizza Tossed Salad Fruit Variety & Frozen Juice Cup Slushy | Bread Sticks, Marinara Dip Spudster Potatoes Applesauce 10-Nov Stuffed Crust Cheese Pizza Garden Salad |
| Cheese, Salsa, Sour Cream Tossed Salad Fruit Variety & Frozen Juice Cup Slushy 6-Nov 7-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Rice Pilaf Cheese, Salsa, Sour Cream Tossed Salad Fruit Variety & Frozen Juice Cup Slushy 9-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Rice Pilaf Churro only with main entrée Fresh Dinner Roll | Spudster Potatoes Applesauce 10-Nov Stuffed Crust Cheese Pizza Garden Salad |
| Tossed Salad & Variety Pears & Variety Pears & Variety Fruit Variety & Frozen Juice Cup Slushy 6-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Rice Pilaf Churro only with main entrée Fresh Dinner Roll | Applesauce 10-Nov Stuffed Crust Cheese Pizza Garden Salad |
| Pears & Variety Frozen Juice Cup Slushy 6-Nov 7-Nov 8-Nov Cheeseburger on Bun General Tso Chicken Soft Taco & Churro Chicken Nuggets Lettuce, Tomato, Pickle Rice Pilaf (Churro only with main entrée) Fresh Dinner Roll | 10-Nov Stuffed Crust Cheese Pizza Garden Salad |
| 6-Nov 7-Nov 8-Nov 9-Nov Cheeseburger on Bun General Tso Chicken Soft Taco & Churro Chicken Nuggets Lettuce, Tomato, Pickle Rice Pilaf (Churro only with main entrée) Fresh Dinner Roll | Stuffed Crust Cheese Pizza Garden Salad |
| Cheeseburger on Bun Lettuce, Tomato, Pickle General Tso Chicken Soft Taco & Churro Chicken Nuggets (Churro only with main entrée) Fresh Dinner Roll | Stuffed Crust Cheese Pizza Garden Salad |
| Lettuce, Tomato, Pickle Rice Pilaf (Churro only with main entrée) Fresh Dinner Roll | Cheese Pizza Garden Salad |
| | Garden Salad |
| Tater Tots Oriental Vegetables Cheese, Salsa, Sour Cream Mashed Potatoes & Gravy | |
| | Fruit Variety |
| Baked Beans Pineapple Tossed Salad (Lettuce/Tom) Steamed Corn | |
| Mixed Fruit Pears Peaches | |
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| 13-Nov 14-Nov 15-Nov 16-Nov | 17-Nov |
| Macaroni & Cheese Chicken & Waffles Cheese Pizza Thanksgiving Dinner | Pasta Bar |
| Garlic Bread Stick (Tenders & Maple Waffle) Garden Salad Roast Turkey | Sauce: Meat, Marinara, |
| Garden Salad Hash brown Pears Dinner Roll | Alfredo, Cheese |
| Mixed Fruit Fresh Vegetable Variety Mashed Potatoes & Gravy | Garlic Bread Stick |
| Pears & Fresh Variety Steamed Corn, Peaches | Garden Salad |
| Pumpkin Pie | Mixed Fruit |
| # 20-Nov 21-Nov 22-Nov 23-Nov | 24-Nov |
| Nacho Supreme Chicken Tenders No School No School | No School |
| Refried Beans Soft Pretzels | |
| Salsa, Sour Cream Au Gratin Potatoes | |
| Tossed Salad Garden Salad Mixed Fruit Berry Berry Slush | |
| Mixed Fruit Berry Berry Slush | |
| 27-Nov 28-Nov 29-Nov 30-Nov | |
| No School Popcorn Chicken Chicken Quesadilla Toasted Cheese Sandwich | Chicken Sticks |
| Rice Pilaf Seasoned Curly Fries Pickle Spear | Garlic Bread Sticks |
| Garden Salad Fresh Vegetable Variety Tomato Soup | Waffle Fries |
| Applesauce Pears Tossed Salad | Mixed Fruit |
| Peaches | |
| | |

This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

<u>Daily Vegetables:</u> Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal

Menu is subject to change related to food availability.

Please Note: This menu meets qualifications per CACFP guidelines.