













# Jamestown Area School District

## Head Start Lunch Menu

November 2023



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
30-Oct 	31-Oct	1-Nov Walking Taco Refried Beans Cheese, Salsa, Sour Cream Tossed Salad & Variety Pears & Variety	5-Oct French Bread Cheese Pizza Tossed Salad Fruit Variety & Frozen Juice Cup Slushy	6-Oct Max Cheese Stuffed Bread Sticks, Marinara Dip Spudster Potatoes Applesauce 
6-Nov Cheeseburger on Bun Lettuce, Tomato, Pickle Tater Tots Baked Beans Mixed Fruit 	7-Nov General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	8-Nov Soft Taco & Churro (Churro only with main entrée) Cheese, Salsa, Sour Cream Tossed Salad (Lettuce/Tom) Pears	9-Nov Chicken Nuggets Fresh Dinner Roll Mashed Potatoes & Gravy Steamed Corn Peaches	10-Nov Stuffed Crust Cheese Pizza Garden Salad Fruit Variety
13-Nov Macaroni & Cheese Garlic Bread Stick Garden Salad Mixed Fruit	14-Nov Chicken & Waffles (Tenders & Maple Waffle) Hash brown Fresh Vegetable Variety Pears & Fresh Variety	15-Nov Cheese Pizza Garden Salad Pears 	16-Nov <b>Thanksgiving Dinner</b> Roast Turkey Dinner Roll Mashed Potatoes & Gravy Steamed Corn, Peaches Pumpkin Pie	17-Nov Pasta Bar Sauce: Meat, Marinara, Alfredo, Cheese Garlic Bread Stick Garden Salad Mixed Fruit
# 20-Nov Nacho Supreme Refried Beans Salsa, Sour Cream Tossed Salad Mixed Fruit 	21-Nov Chicken Tenders Soft Pretzels Au Gratin Potatoes Garden Salad Berry Berry Slush	22-Nov <b>No School</b> 	23-Nov <b>No School</b> 	24-Nov <b>No School</b> 
27-Nov <b>No School</b> 	28-Nov Popcorn Chicken Rice Pilaf Garden Salad Applesauce	29-Nov Chicken Quesadilla Seasoned Curly Fries Fresh Vegetable Variety Pears 	30-Nov Toasted Cheese Sandwich Pickle Spear Tomato Soup Tossed Salad Peaches	Chicken Sticks Garlic Bread Sticks Waffle Fries Mixed Fruit

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

Menu is subject to change related to food availability.

Please Note: This menu meets qualifications per CACFP guidelines.