




Jamestown Area School District

Head Start Lunch Menu

October 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
2-Oct Chicken Patty on Bun Baked French Fries Lettuce/Tomato/Pickle Pears	3-Oct Walking Taco Refried Beans Toppings Mixed Fruit	4-Oct French Bread Pizza Garden Salad Fresh Fruit Variety	5-Oct Turkey & Cheese Sandwich Baked Chips Veggies Fruit	6-Oct No School 
9-Oct No School 	10-Oct Cheeseburger on WG Bun & Toppings Tater Tots Applesauce	11-Oct General Tso Chicken Rice Pilaf Oriental Veggies Pineapple	12-Oct Nacho Supreme Refried Beans Garden Salad Diced Pears	13-Oct Chicken Sticks Dinner Roll Waffle Fries Peaches
16-Oct Max Cheese Sticks Garden Salad Paradise Punch Slushy	17-Oct Chicken Tenders Soft Pretzels Au Gratin Potatoes Fruit	18-Oct 3 Cheese Cavatappi Garlic Stick Steamed Broccoli Diced Peaches	19-Oct Chicken Nuggets WG Dinner Rolls Mashed Potatoes & Grav Beans & Fruit	20-Oct Soft Beef Taco Fruit Churro Tater Tots Applesauce
23-Oct Cheese Pizza Garden Salad Fresh Strawberries	24-Oct Walking Taco Refried Beans Toppings Mixed Fruit	25-Oct Chicken Poppers Dinner Roll Mashed Potato/Gravy Green Beans, Peaches	26-Oct Buttered Noodles Marinara, Garlic Bread Garden Salad Mixed Fruit	27-Oct Deli Sandwich Baked Chips Fruit Variety Pears
30-Oct Nacho Supreme Refried Beans Garden Salad Diced Pears 	31-Oct Mummy Coffin Skeleton Fingers Witches Brew Goblin Goo Creepy Crawling Dirt Liquid Ghost	<u>Halloween Menu:</u> Chicken Tenders Pretzel/French Fries Baked Beans Applesauce Dirt Pudding Milk		

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.