

This institution is an equal opportunity provider and employer

*EHS/Head Start*

*October 2018*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Cold Cereal Diced Peaches</p> <p>Chicken Tenders Smiley Fries Mandarin Oranges Wheat Bread</p> <p>Pretzel Twist Diced Pears</p>	<p>2</p> <p>French Toast Sticks Pineapples</p> <p>Fish Wedge Mixed Fruit Green Beans Wheat Bread</p> <p>Cheez it Unsweetened Juice</p>	<p>3</p> <p>Pancake Pears</p> <p>Cheese Pizza Corn Diced Peaches Pizza Crust</p> <p>Slice Raisin Bread Apple Sauce</p>	<p>4</p> <p>Cold Cereal Banana</p> <p>Hamburger Baked Beans Pineapples Hamburger Bun</p> <p>Tortilla Chips Unsweetened Juice</p>	<p>5</p> <p>Waffle Mixed Fruit</p> <p>Tuna Salad Salad Mix Pears Wheat Crackers</p> <p>Apple String Cheese</p>
<p>8</p> <p>Warm Apple Slices Biscuit</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Diced Peaches Wheat Bread</p> <p>Goldfish Crackers Unsweetened Juice</p>	<p>9</p> <p>Cold Cereal Peaches</p> <p>Chicken Patty Smiley Fries Pineapples Wheat Bread</p> <p>Mixed Fruit Saltine Crackers</p>	<p>10</p> <p>French Toast Sticks Pears</p> <p>Pizza Corn Mandarin Oranges Pizza Crust</p> <p>Applesauce Graham Crackers</p>	<p>11</p> <p>Cold Cereal Mixed Fruit</p> <p>Meatballs Green Beans Sliced Apples Hot Dog Bun</p> <p>Yogurt Cheerios</p>	<p>12</p> <p>Mini Bagel Mandarin Oranges</p> <p>Turkey Fajita Shredded Lettuce Pears Wheat Wrap</p> <p>Soft Pretzel Unsweetened Juice</p>
<p>15</p> <p>Slice Raisin Bread Diced Pears</p> <p>Beef Steaks Smiley Fries Mandarin Oranges Hot Dog Roll</p> <p>Applesauce Wheat Crackers</p>	<p>16</p> <p>Warm Apples Wheat Bread</p> <p>Fish Sticks Corn Mixed Fruit Wheat Bread</p> <p>Cheez it Crackers Unsweetened Juice</p>	<p>17</p> <p>Cold Cereal Banana</p> <p>Meatloaf w/Gravy Egg Noodles Green Beans Diced Peaches</p> <p>Diced Pears Graham Crackers</p>	<p>18</p> <p>Pancake Mixed Fruit</p> <p>Diced Chicken Stir Fry Vegetables Diced Pears Wheat Bread</p> <p>Tortilla Chips Unsweetened Juice</p>	<p>19</p> <p><b>Professional Day</b> <b>School Closed</b></p>
<p>22</p> <p>French Toast Sticks Peaches</p> <p>Chicken Tenders Smiley Fries Mandarin Oranges Wheat Bread</p> <p>Pretzel Twist Unsweetened Juice</p>	<p>23</p> <p>Cold Cereal Mandarin Oranges</p> <p>Fish Wedge Salad Mix Pineapples Wheat Bread</p> <p>Applesauce Wheat Crackers</p>	<p>24</p> <p>Pancake Diced Peaches</p> <p>Slice Cheese Pizza Corn Mixed Fruit</p> <p>Animal Cookies Diced Peaches</p>	<p>25</p> <p>Cold Cereal Banana</p> <p>Salisbury Steaks Green Beans Applesauce Rice</p> <p>Goldfish Crackers Unsweetened Juice</p>	<p>26</p> <p>Warm Apple Slices Biscuit</p> <p>Beef Ravioli Salad Mix Diced Peaches Wheat Bread</p> <p>Yogurt Graham Crackers</p>
<p>29</p> <p>Cold Cereal Diced Peaches</p> <p>Chicken Tenders Smiley Fries Mandarin Oranges Wheat Bread</p> <p>Pretzel Twist Diced Pears</p>	<p>30</p> <p>French Toast Sticks Pineapples</p> <p>Fish Wedge Mixed Fruit Green Beans Wheat Bread</p> <p>Cheez it Unsweetened Juice</p>	<p>31</p> <p>Pancake Pears</p> <p>Cheese Pizza Corn Diced Peaches Pizza Crust</p> <p>Slice Raisin Bread Apple Sauce</p>	<p><b>Notes:</b></p> <p><b>Children 12 – 24 months Whole Vitamin D Milk</b>  <b>Children over 24 months 1%Low fat Milk</b></p> <p><b>Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix</b></p>	