

Sullivan County Head Start/Early Head Start October 2017 Menu

Date	Breakfast	Lunch	Snack
Monday – 2	Life Cereal, *Bananas, 1% Milk	Chicken Tenders, Whole Wheat Roll, Mashed Potato, Carrot Coins, *Orange Slices, 1% Milk	Gold Fish, 1% Milk
Tuesday – 3	Blueberry Muffins, Apple Slices 1% Milk	Meatloaf, Whole Wheat Noodles, Broccoli, Tropical Fruit, 1% Milk	String Cheese, Grape Juice
Wednesday – 4	Whole Wheat French Toast, Applesauce, 1% Milk	Ravioli w/extra cheese, Cauliflower, Mixed Fruit, Garlic Bread, 1% Milk	Cottage Cheese, Pineapple, Water
Thursday – 5	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Whole Wheat Turkey Wrap, Chicken Noodle Soup, Green Beans, Pineapple Tidbits, 1% Milk	Low Fat Vanilla Yogurt, Blueberries, Water
Friday – 6	Farina, Peaches, 1% Milk	Swedish Meatballs, Whole Wheat Egg Noodles, Peas, Pears, 1% Milk	Fruit Newton, 1% Milk
Monday – 9	***CLOSED – COLUMBUS DAY***		
Tuesday – 10	Life Cereal, Bananas, 1% Milk	Vegetarian Chili, Brown Rice, Broccoli, Mixed Fruit, 1% Milk	*Apple Slices, 1% Milk
Wednesday – 11	Scrambled Eggs, Whole Wheat Bread, Mandarin Oranges, 1% Milk	Baked Chicken, Mashed Potatoes, Mixed Vegetables, Peaches, Whole Wheat Roll, 1% Milk	Cucumber Slices with Ranch Dressing, Grape Juice
Thursday – 12	Pancakes, Applesauce, 1% Milk	Baked Ziti, Garlic Bread, Tossed Salad, Tropical Fruit, 1% Milk	Ritz Crackers, 1% Milk
Friday – 13	Cheerios, Bananas, 1% Milk	Whole Wheat Macaroni and Cheese, Beets, Pineapple Tidbits, 1% Milk	Low Fat Vanilla Yogurt, Blueberries, Water
Monday – 16	French Toast, Applesauce, 1% Milk	Chicken Tenders, Sweet Potatoes, Green Beans, Pears, 1% Milk	Animal Crackers, 1% Milk
Tuesday – 17	Oatmeal, Peaches, 1% Milk	Beef-a-Roni, Garlic Bread, Cauliflower, *Apple Slices, 1% Milk	Gold Fish, 1% Milk

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Wednesday – 18	Rice Chex, *Bananas, 1% Milk	Grilled Cheese Whole Wheat Bread, Tomato Soup, Mixed Vegetables, *Orange Slices, 1% Milk	Pretzels, Grape Juice
Thursday – 19	Corn Muffin, *Apple Slices, 1% Milk	Tuna on Whole Wheat Wrap, Chicken Noodle Soup, Cucumber Slices, Peaches, 1% Milk	Cheese Sticks, Juicy Juice
Friday – 20	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Baked Chicken, Tri-Colored Noodles, Green Beans, Whole Wheat Dinner Roll, Pear, 1% Milk	Cheez-its, 1% Milk
Monday – 23	Mini Whole Wheat Bagels, Lowfat Cream Cheese, Pears, 1% Milk	Fettuccine Alfredo with Chicken, Tossed Salad, *Apple Slices, 1% Milk	Vanilla Yogurt, Peaches, Water
Tuesday – 24	Wheaties, Orange Juice, 1% Milk	Meatloaf, Mashed Potatoes, Green Beans, Whole Wheat Dinner Roll, Fruit Cocktail, 1% Milk	Club Crackers, 1% Milk
Wednesday – 25	Farina, Peaches, 1% Milk	Sloppy Joe on a Bun, Cauliflower, Pineapple Tidbits, 1% Milk	String Cheese, 100% Apple Juice
Thursday – 26	Blueberry Muffins, *Bananas, 1% Milk	Turkey Taco, Black Beans, Lettuce, Tomato, Pears, 1% Milk	Vanilla Yogurt, Blackberries, Water
Friday – 28		CLOSED – IN SERVICE- STAFF ONLY	
Monday – 30	Oatmeal, Peaches, 1% Milk	Baked Ziti, Garlic Bread, Broccoli, Fruit Cocktail, 1% Milk	Mandarin Oranges, 1% Milk
Tuesday – 31	Pancakes, Applesauce, Milk	Whole Wheat Pizza, Tossed Salad, Tropical Fruit, 1% Milk	Apple Slices, Lowfat Cheddar Cheese slices, Water

SULLIVAN COUNTY HEAD START MENU

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***---Denotes Fresh Fruit**

This institution is an equal opportunity provider