

Sullivan County Head Start/Early Head Start October 2018 Menu

Date	Breakfast	Lunch	Snack
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Monday - 1	Scrambled eggs, Grits, Mandarin Oranges, 1% Milk	Beef-a-Roni (whole wheat noodles), Garlic Bread, Cauliflower, Apple Slices, 1% Milk	Low Fat Vanilla Yogurt, Blueberries, Juicy Juice
Tuesday - 2	MultiGrain Cheerios, Peaches, 1% milk	Chicken Tenders, Mashed Potatoes, Broccoli, Tropical Fruit, 1% Milk	WG Fig Newtons, 1% Milk
Wednesday - 3	Whole Grain Bagels with Low Fat Cream Cheese, Banana, 1% Milk	Black Bean and Cheese Quesadilla on whole wheat tortilla, Corn Nibblers, Pineapple tidbits, 1% Milk	Goldfish, Juicy Juice
Thursday - 4	Pancakes, Applesauce, 1% Milk	Fish Sticks, baked sweet potato fries, peas, mixed fruit , 1% milk	WG Animal Crackers, 1% Milk
Friday - 5	Kix cereal, Strawberries, 1% Milk	Grilled Cheese on whole wheat bread, Tomato Soup, Mixed Vegetables, Pears	Teddy Grahams, banana, 1% Milk
Monday - 8	Closed – Columbus Day	Closed – Columbus Day	Closed – Columbus Day
Tuesday - 9	Scrambled eggs, Whole wheat bread, Mandarin Oranges, 1% milk	Swedish Meatballs, WW Egg Noodles, Pears, Mixed Fruit, 1% Milk	Wheat Thins, Cran-apple Juice
Wednesday -10	Blueberry muffin, Banana, 1% milk	Tuna on whole wheat bread, Minestrone Soup, Cucumber slices, Tropical Fruit, 1% milk	Teddy grahams, 1% Milk
Thursday - 11	French Toast, Applesauce, 1% milk	Ground Turkey Taco, Black beans, Lettuce, Tomato, low fat cheddar cheese, Salsa, Pears, 1% Milk	Low fat string cheese, Triscuts, 1% Milk
Friday - 12	Cheerios, Mandarin Oranges, 1% milk	WG Pizza, broccoli and cauliflower mix, apple slices, 1% milk	WG Fruit Newtons, 1% milk
Monday - 15	Pancakes, applesauce, 1% milk	Macaroni and cheese (whole wheat elbow),	Graham crackers, 1% milk

		Beets, Mandarin Oranges, 1% Milk	
Tuesday - 16	Corn muffins, Peaches, 1% milk	Sloppy Joe on Whole Wheat Bun, Cauliflower, Pineapple Tidbits, 1% Milk	Low Fat Vanilla Yogurt, blueberries, 1% milk
Wednesday- 17	Whole wheat mini Bagels with low fat cream cheese, Orange slices, 1% milk	Whole wheat turkey wrap, Chicken Noodle soup, Green Beans, Pears, 1% Milk	Triscuits, Low-Fat String Cheese, Grape Juice
Thursday-18	Rice Chex cereal, Blueberries, 1% milk	Whole wheat Pizza, tossed Salad, Tropical Fruit, 1% Milk	Goldfish, 1% milk
Friday-19	Scrambled eggs, Grits, Mandarin Oranges, 1% Milk	Baked Chicken, Yellow Rice, Green Beans, Whole wheat Dinner Roll, Apple slices, 1% milk	Low Fat Vanilla Yogurt, Strawberries, Water
Monday-22	Whole wheat waffles, Strawberries, 1% milk	Cheese Ravioli, Broccoli, Garlic Bread, Mixed Fruit, 1% Milk	WG Club Crackers, 1% Milk
Tuesday -23	Cheerios, Bananas, 1% milk	Meatloaf, mashed potatoes, whole wheat dinner roll, Tropical Fruit, Cauliflower, 1% milk	Cheeze-its, 1% Milk
Wednesday -24	Qatmeal, Peaches, 1% milk	Tuna on Whole Wheat wrap, Minestrone Soup, Green Beans, Pineapple Tidbits, 1% milk	Orange slices, 1% milk
Thursday -25	Scrambled eggs, Whole wheat bread, Mandarin Oranges, 1% milk	WW Pizza with part-skim mozzarella cheese, tossed salad, tropical fruit, 1% milk	Animal Crackers, 1% milk
Friday - 26	French toast, applesauce, 1% milk	Hamburger, WW bun, lettuce, tomato, baked potato fries, cucumber slices, 1% milk	String cheese, apple Juice
Monday -29	Farina, Peaches, 1% milk	Chicken stir fry with Brown rice, broccoli, pineapple tidbits, 1% milk	WG Fig Newtons, 1% milk
Tuesday -30	Blueberry Pancakes, Applesauce, 1% milk	Baked Ziti with WG noodles, Garlic bread, Cucumber slices, Mixed Fruit, 1% Whole wheat Milk	Wheat Thins, Orange Tangerine juice
Wednesday -31	Whole wheat bagels with low fat cream cheese, orange slices, 1% milk	Baked fish, Yellow rice, mixed vegetables, Pears, 1% milk	Low Fat Vanilla Yogurt, 1% milk