

Lewis County Head Start
 Beaver Falls, Lowville and Lyons Falls Centers
 Serving times for each center are listed in the Parent Handbook

OCTOBER 2020

Oct 1-2	Tuesday	1	Wednesday	2	Thursday	3	Friday	4
Breakfast					1% Lowfat Milk Mixed Fruit Hard Boiled Egg (Vit A)		1% Lowfat Milk HM Applesauce Cornbread	
Lunch					1% Lowfat Milk HM Chicken Nuggets Mashed Potatoes (Vit C) Pears W/W Bread w/ butter (WGR)		1% Lowfat Milk Ground Beef Sauce Green Peas (Vit C) Peaches Spaghetti (WGR)	
Snack					1% Lowfat Milk Blueberry Muffin		1% Lowfat Milk Peanut Butter & Jelly Sandwiches	
Oct 6-9	Tuesday	6	Wednesday	7	Thursday	8	Friday	9
Breakfast	1% Lowfat Milk Peaches W/W Toast (WGR) Eggs (Vit A)		1% Lowfat Milk Mandarin Oranges (Vit C) Cold Cereal (WGR)		1% Lowfat Milk Peaches W/W Toast (WGR) Eggs (Vit A)		1% Lowfat Milk Mandarin Oranges (Vit C) Cold Cereal (WGR)	
Lunch	1% Lowfat Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich		1% Lowfat Milk Sloppy Joes w/ ground beef Carrots (Vit A) Pineapple (Vit C) Hotdog or Hamburger Roll		1% Lowfat Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich		1% Lowfat Milk Sloppy Joes w/ ground beef Carrots (Vit A) Pineapple (Vit C) Hotdog or Hamburger Roll	
Snack	100% Orange Juice (Vit C) Goldfish Crackers		Mixed Fruit Cottage Cheese Water		100% Orange Juice (Vit C) Goldfish Crackers		Mixed Fruit Cottage Cheese Water	

Water is made available throughout the day.

Vitamin C and A foods served at Head Start only partially fulfill the daily requirements of these vitamins.

Vitamin B complex comes from whole grains. At least one Whole Grain Rich (WGR) food will be served daily.

Menus are reviewed and approved by the program's Nutrition Consultant.

Menus are subject to change without notice.

Meals served at Head Start are free to all enrolled children regardless of color, race, national origin, sex, age or disabling condition.

This institution is an equal opportunity provider .

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Oct 13-16	Tuesday	13	Wednesday	14	Thursday	15	Friday	16
Breakfast	1% Lowfat Milk Peaches Cold Cereal (WGR)		1% Lowfat Milk Mixed Fruit Scrambled Eggs (Vit A) W/W Toast (WGR)		1% Lowfat Milk Peaches Cold Cereal (WGR)		1% Lowfat Milk Mixed Fruit Scrambled Eggs (Vit A) W/W Toast (WGR)	
Lunch	1% Lowfat Milk Chicken Parmesan Green Beans Cantaloupe (Vit C) Spaghetti		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Corn Rolls w/ Butter		1% Lowfat Milk Chicken Parmesan Green Beans Cantaloupe (Vit C) Spaghetti		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Corn Rolls w/ Butter	
Snack	HM Tortilla Refried Bean Dip Water		100% Juice Trail Mix		HM Tortilla Refried Bean Dip Water		100% Juice Trail Mix	
Oct 20-23	Tuesday	20	Wednesday	21	Thursday	22	Friday	23
Breakfast	1% Lowfat Milk Bananas Pancakes		1% Lowfat Milk Mandarin Oranges (Vit C) English Muffin		1% Lowfat Milk Bananas Pancakes		1% Lowfat Milk Mandarin Oranges (Vit C) English Muffin	
Lunch	1% Lowfat Milk Ham Sliced Beets Pineapple (Vit C) Buttered Macaroni (WGR)		1% Lowfat Milk Baked Fish Steamed Broccoli (Vit C) Pears Brown Rice (WGR)		1% Lowfat Milk Ham Sliced Beets Pineapple (Vit C) Buttered Macaroni (WGR)		1% Lowfat Milk Baked Fish Steamed Broccoli (Vit C) Pears Brown Rice (WGR)	
Snack	Pretzel Rods Cheddar Cheese Cubes (Vit A) Water		Carrots (Vit A) & Celery Sticks w/ dip W/W Snack Cracker Water		Pretzel Rods Cheddar Cheese Cubes (Vit A) Water		Carrots (Vit A) & Celery Sticks w/ dip W/W Snack Cracker Water	

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Oct 27-30	Tuesday	27	Wednesday	28	Thursday	29	Friday	30
Breakfast	1% Lowfat Milk Strawberries (Vit C) Hot Cereal (WGR)		1% Lowfat Milk Mixed Fruit Hard Boiled Egg (Vit A)		1% Lowfat Milk Strawberries (Vit C) Hot Cereal (WGR)		1% Lowfat Milk Mixed Fruit Hard Boiled Egg (Vit A)	
Lunch	1% Lowfat Milk Ground Beef Stroganoff Carrots (Vit A) Grape Halves Noodles		1% Lowfat Milk HM Chicken Nuggets Mashed Potatoes (Vit C) Pears W/W Bread w/ butter (WGR)		1% Lowfat Milk Ground Beef Stroganoff Carrots (Vit A) Grape Halves Noodles		1% Lowfat Milk HM Chicken Nuggets Mashed Potatoes (Vit C) Pears W/W Bread w/ butter (WGR)	
Snack	100% Juice Snack Crackers		1% Lowfat Milk Blueberry Muffin		100% Juice Snack Crackers		1% Lowfat Milk Blueberry Muffin	

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