

Lewis County Head Start/Early Head Start
 Beaver Falls Center Lowville Center Lyons Falls Center (HS/EHS)

OCTOBER 2022

Oct 3-7	Monday	3	Tuesday	4	Wednesday	5	Thursday	6	Friday	7
Breakfast	1% Lowfat or Whole Milk Pears Cold Cereal (WGR)		1% Lowfat or Whole Milk Bananas W/W Toast (WGR)		1% Lowfat or Whole Milk Peaches Kix Cereal		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Scrambled Eggs (Vit A)		1% Lowfat or Whole Milk Strawberries (Vit C) Cream of Wheat	
Lunch			1% Lowfat or Whole Milk Chili w/ ground beef Beans (kidney, black, pinto) Orange Slices (Vit C) Corn Muffin		1% Lowfat or Whole Milk HM Parmesan Fish Sticks Mashed Potatoes (Vit C) Cantaloupe (Vit A and C) W/W Bread (WGR)		1% Lowfat or Whole Milk Chicken & Cheese Quesadilla Sweet Pepper Strips (Vit A) w/ dip Apple Slices Tortilla (WGR)		1% Lowfat or Whole Milk Meatloaf Green Peas (Vit C) Mixed Fruit Buttered Noodles (WGR)	
Snack	100% Juice English Muffin Pizza		1% Lowfat or Whole Milk HM Trail Mix		Ritz Crackers Peanut Butter Water		1% Lowfat or Whole Milk Oatmeal Banana Muffin		Strawberry Smoothie Snack Crackers	
Oct 10-14	Monday	10	Tuesday	11	Wednesday	12	Thursday	13	Friday	14
Breakfast			1% Lowfat or Whole Milk Fresh Blueberries Waffles		1% Lowfat or Whole Milk Peaches Veggie Quiche (Vit A)		1% Lowfat Milk Pears Cinnamon Raisin Toast w/ butter		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Life Cereal (WGR)	
Lunch	COLUMBUS DAY NO SCHOOL		1% Lowfat or Whole Milk Hamburger Broccoli (Vit A and C) Bananas Bun/Roll (WGR)		1% Lowfat or Whole Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich (WGR)		1% Lowfat or Whole Milk Beef Tips w/ Gravy Mashed Potatoes (Vit C) Applesauce W/W Bread w/ butter (WGR)		1% Lowfat or Whole Milk Sloppy Joes w/ ground beef Carrots (Vit A) Pineapple (Vit C) Bun/Roll	
Snack			Apple Slices Peanut Butter Water		100% Orange Juice (Vit C) HM Pizza Pancakes		1% Lowfat or Whole Milk Graham Crackers		Mixed Fruit Yogurt Water	

Water is made available throughout the day.

Whole milk is required for children up to 2 years of age. All milk served is unflavored.

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 once every 24 months.

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 17-21	Monday	17	Tuesday	18	Wednesday	19	Thursday	20	Friday	21
Breakfast	1% Lowfat or Whole Milk Stawberries Breakfast Pizza (Vit A)		1% Lowfat or Whole Milk Bananas Corn Flakes		1% Lowfat or Whole Milk Mixed Fruit English Muffin w/ Peanut Butter		1% Lowfat or Whole Milk Pears Bagels		1% Lowfat or Whole Milk Peaches Kix Cereal	
Lunch			1% Lowfat or Whole Milk Grilled Cheese (Vit A) HM Tomato & Pasta Soup (Vit C) Cantaloupe (Vit A & C) W/W Bread (WGR)		1% Lowfat Milk HM Chicken Nuggets Tater Tots Oranges (Vit C) W/W Bread w/ butter (WGR)		1% Lowfat Milk Ground Beef/ Cheese Spinach (Vit A & C)/Romaine Salad Pineapple (Vit C) HM Pizza Crust		1% Lowfat Milk Ham Broccoli (Vit A and C) Mandarin Oranges (Vit C) Macaroni & Cheese (WGR)	
Snack	1% Lowfat or Whole Milk Peanut Butter and/or Jelly Sandwich (WGR)		Fresh Apple Slices Peanut Butter Water		1% Lowfat Milk Blueberry Muffin		Orange Smoothie w/yogurt W/W Cracker (WGR)		100% Juice Pretzel Sticks	
Oct 24-28	Monday	24	Tuesday	25	Wednesday	26	Thursday	27	Friday	28
Breakfast	1% Lowfat or Whole Milk Bananas English Muffins		1% Lowfat Milk Fresh Blueberries Cinnamon Raisin Toast		1% Lowfat or Whole Milk Peaches Life Cereal (WGR)		1% Lowfat or Whole Milk Strawberries Waffles		1% Lowfat or Whole Milk Mixed Fruit Scrambled Eggs (Vit A) W/W Toast (WGR)	
Lunch			1% Lowfat Milk Ground Beef Sauce (Vit C) Mixed Vegetables (Vit A) Pears Spaghetti (WGR)		1% Lowfat Milk Baked Chicken Green Beans Cantaloupe (Vit A & C) Buttered Noodles		1% Lowfat or Whole Milk Hamburger Broccoli (Vit A and C) Apple Slices Bun/Roll (WGR)		1% Lowfat or Whole Milk Pork Tenderloin Mashed Potatoes (Vit C) Corn Rolls w/ Butter	
Snack	1% Lowfat or Whole Milk Peanut Butter and/or Jelly Sandwich (WGR)		100% Juice Snack Crackers		Apple Slices Cheese (Vit A) Water		Ritz Crackers Peanut Butter Water		100% Juice Trail Mix	

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31-Oct	Monday	31	Tuesday	Wednesday	Thursday	Friday
Breakfast	1% Lowfat or Whole Milk Blueberries French Toast (WGR)					
Lunch						
Snack	100% Juice English Muffin Pizza					

Water is made available throughout the day.

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(Menu 3)