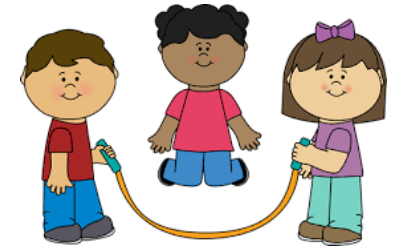




# Jefferson County Head Start Menu

## October 5<sup>th</sup>-9<sup>th</sup>



*\* Non-flavored 1% milk served with breakfast and lunch each day \**

<b>Monday October 5th Meatless Mondays!</b>	<b>Tuesday October 6th</b>	<b>Wednesday October 7th</b>	<b>Thursday October 8th</b>	<b>Friday October 9th</b>
<p><b>Breakfast:</b> Banana pancakes with mandarin oranges</p> <p><b>Lunch:</b> Cheese Pizza on W.W. crust, garden salad with tomatoes, carrots and Italian dressing, mangoes</p> <p><b>Snack:</b> Pretzel sticks and Apples</p>	<p><b>Breakfast:</b> Scrambled eggs, toasted WW English muffin, banana</p> <p><b>Lunch:</b> Turkey and cheese wrap with ranch dressing on WW tortilla, carrot sticks and watermelon</p> <p><b>Snack:</b> HM WG-R granola bars with strawberries</p>	<p><b>Breakfast:</b> WW French toast, fruit compote Peaches</p> <p><b>Lunch:</b> BBQ Chicken drumsticks, green beans, W.W. Focaccia Pineapple</p> <p><b>Snack:</b> Wheat crackers and Cheese stick</p>	<p><b>Breakfast:</b> WW HM blueberry muffin with hard boiled egg</p> <p><b>Lunch:</b> Salmon with yogurt dill sauce brown rice, broccoli, orange wedges</p> <p><b>Snack:</b> Pumpkin and cream cheese dip with Graham crackers and pears</p>	<p><b>Breakfast:</b> Yogurt and granola Mixed berries</p> <p><b>Lunch:</b> Cheeseburger on WW bun, asparagus, cantaloupe</p> <p><b>Snack:</b> Fruit and yogurt smoothie And goldfish</p>

Our center participates in a USDA-funded Program and is an equal opportunity provider, employer, and lender

WW= Whole Wheat    WG-R= Whole Grain Rich    HM= Homemade