



Jefferson County Head Start Menu

Oct 19th-23th



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

Monday October 19th Meatless Mondays!	Tuesday October 20th	Wednesday October 21st	Thursday October 22nd	Friday October 23rd NO SCHOOL ALL STAFF
<p style="text-align: center;">Breakfast: Breakfast burritos on WW tortilla with mixed fruit</p> <p style="text-align: center;">Lunch: Grilled cheese on WW flatbread with tomato soup and pears</p> <p style="text-align: center;">Snack: Apple oatmeal cup with blueberries</p>	<p style="text-align: center;">Breakfast: WG-R corn Chex with banana</p> <p style="text-align: center;">Lunch: Turkey, spinach and cheese wrap on WW tortilla with watermelon and broccoli</p> <p style="text-align: center;">Snack: Falafel with tzatziki and red pepper strips</p>	<p style="text-align: center;">Breakfast: Scrambled egg with hash browns and strawberries</p> <p style="text-align: center;">Lunch: Italian Chicken drum sticks with WW pesto noodles, roasted asparagus and mandarin oranges</p> <p style="text-align: center;">Snack: HM WW focaccia bread with marinara and cheese stick</p>	<p style="text-align: center;">Breakfast: Hot peach granola bake with Yogurt</p> <p style="text-align: center;">Lunch: Hot ham and cheddar cheese sandwich on WW bread, peas and corn, with honeydew</p> <p style="text-align: center;">Snack: WW orange cranberry muffins with orange slices</p>	<p>NO SCHOOL</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= Home Made

