



Jefferson County Head Start Menu

October 12th-16th

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



Monday October 12th Meatless Mondays!	Tuesday October 13th	Wednesday October 14th	Thursday October 15th	Friday October 16th
<p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">CLOSED</p>	<p style="text-align: center;">Breakfast: Yogurt and granola with cantaloupe</p> <p style="text-align: center;">Lunch: Beef tacos on WG-R shell with lettuce, cheese and tomatoes with zucchini and mixed fruit</p> <p style="text-align: center;">Snack: Cottage cheese with strawberries</p>	<p style="text-align: center;">Breakfast: Broccoli and cheese quiche with banana</p> <p style="text-align: center;">Lunch: Teriyaki chicken with brown fried rice, stir fried carrots and snap peas and pineapple</p> <p style="text-align: center;">Snack: Guacamole with carrot sticks and WW tortilla triangles</p>	<p style="text-align: center;">Breakfast: Scrambled egg and cheese with WW HM biscuit and honeydew</p> <p style="text-align: center;">Lunch: Chicken salad sandwich on WW bun with broccoli and watermelon</p> <p style="text-align: center;">Snack: WW pumpkin muffins with apple sauce</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