



# Jeffco Head Start Menu

## November 2nd- November 6th



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

Monday November 2nd Meatless Mondays!	Tuesday November 3rd	Wednesday November 4th	Thursday November 5th	Friday November 6th
<p style="text-align: center;"><b>Breakfast:</b> Egg and cheese WW flatbread with strawberries</p> <p style="text-align: center;"><b>Lunch:</b> WW pasta salad with black beans and vegetables, and honeydew</p> <p style="text-align: center;"><b>Snack:</b> Cheese cubes and crackers</p>	<p><b>NO SCHOOL! VOTE!!</b></p>	<p style="text-align: center;"><b>Breakfast:</b> WW HM banana coconut muffins with orange wedges</p> <p style="text-align: center;"><b>Lunch:</b> Orange chicken with brown fried rice, glazed cauliflower and pineapple</p> <p style="text-align: center;"><b>Snack:</b> Goldfish and banana</p>	<p style="text-align: center;"><b>Breakfast:</b> Scrambled egg with cheese, hash browns and watermelon</p> <p style="text-align: center;"><b>Lunch:</b> Beef quesadilla on WW tortilla with green beans and cantaloupe</p> <p style="text-align: center;"><b>Snack:</b> WG-R Bavarian pretzel with cheddar cheese dip and apple slices</p>	<p style="text-align: center;"><b>Breakfast:</b> Apple oatmeal cup with blueberries</p> <p style="text-align: center;"><b>Lunch:</b> Chicken salad with WW crackers, cucumbers and mixed fruit</p> <p style="text-align: center;"><b>Snack:</b> Hardboiled egg and applesauce</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