

October 2023

~All milk served is unflavored 1%~

Adams County Head Start Menu

~Our Centers Participate in a USDA Funded Program and is an Equal Opportunity Provider and Employer~

Mon	Tue	Wed	Thu	Fri	
<p>2</p> <p>HOLIDAY</p> <ul style="list-style-type: none"> Indicates Item Contains Dairy Indicates Item Contains Egg 	<p>3 Cheerios, Sliced Pears & 1% Milk</p> <p>Grilled Cheese on WW Bread, Tomato Soup, Romaine Salad with Homemade Ranch Dressing & 1% Milk</p> <p>WG Graham Crackers, Sunbutter & Fresh Apple Wedges</p>	<p>4 Homemade WW Oatmeal Bread, Strawberries & 1% Milk</p> <p>WW Spaghetti & Beef Meat Sauce, Sautéed Summer Squash, Fresh Pineapple Slices & 1% Milk</p> <p>Fresh Carrots & Cucumber Strips, Homemade Ranch Dressing, & WG Wheat Thins</p>	<p>5 WW Pancakes with Syrup, Blueberries & 1% Milk</p> <p>Chicken Fried Rice, Fresh Snap Peas, Broccoli Slaw, Asian Sesame Dressing & 1% Milk</p> <p>Fresh Banana, Low-Fat Vanilla Greek Yogurt, Homemade Granola</p>	<p>6 Rice Krispies, Fresh Fruit Salad & 1% White Milk</p> <p>Sliced Turkey & Cheese with WW Crackers, Orange Wedges, Fresh Carrots with Homemade Ranch Dressing & 1% Milk</p> <p>WG Cheddar Goldfish & Mandarin Oranges</p>	
<p>9 WG Cinnamon Chex, Sliced Peaches & 1% Milk</p> <p>WW Bean & Cheese Burrito, Mexicali Corn, Homemade Salsa, Fresh Kiwis & 1% Milk</p> <p>Sliced Cheddar Cheese & Fresh Orange Wedges</p>	<p>10 Sunshine Tacos (WW Tortilla, Scrambled Eggs, Shredded Cheese, Homemade Salsa, Hash Browns & 1% Milk)</p> <p>WW Chicken Noodle Soup, Spinach Salad with Homemade Ranch Dressing, Steamed Green Beans & 1% Milk</p> <p>Fresh Apple Wedges, Low Fat Vanilla Greek Yogurt & Homemade Granola</p>	<p>11 Homemade WW Banana Bread, Strawberries & 1% Milk</p> <p>Homemade Beef Sloppy Joes on WW Hamburger Bun, Roasted Red Potatoes, Fresh Pineapple Slices & 1% Milk</p> <p>Fresh Carrots & Pepper Strips, Homemade Ranch Dressing, & WG Triscuits</p>	<p>12 WW Waffles with Syrup, Blueberries & 1% Milk</p> <p>Homemade WG Cheese Pizza, Romaine Salad with Homemade Italian Dressing, Fresh Fruit Salad & 1% Milk</p> <p>Banana Roll-Ups (Fresh Banana, WW Tortilla, Sunbutter)</p>	<p>13 Rice Krispies, Fresh Fruit Salad & 1% White Milk</p> <p>Sliced Turkey & Cheese on WW Roll, Fresh Lettuce & Tomatoes, Fresh Carrots with Homemade Ranch Dressing & 1% Milk</p> <p>WG Pretzel Goldfish & Mandarin Oranges</p>	
<p>16 WG Cheerios, Sliced Pears & 1% Milk</p> <p>Crunchy Chicken Tacos (Taco Chicken, Shredded Cheese, Homemade Salsa, WG Crispy Taco Shell, Lettuce & Tomatoes, Refried Beans) & 1% Milk</p> <p>Cheese Cubes, Fresh Orange Wedges</p>	<p>17 Egg & Cheese Biscuit (WW Biscuit, Egg Patty, Sliced Cheese, Hash Browns & 1% Milk)</p> <p>Tasty Lemon Cod, Brown Rice, Steamed Corn, Spinach Salad with Homemade Ranch Dressing & 1% Milk</p> <p>WG Graham Crackers, Sunbutter & Fresh Apple Wedges</p>	<p>18 Homemade WW Blueberry Bread, Strawberries & 1% Milk</p> <p>Roast Turkey with Homemade Gravy, Mashed Potatoes, Homemade WG Cornbread, Fresh Pineapple Slices & 1% Milk</p> <p>Fresh Carrots & Broccoli, Homemade Ranch Dressing & WG Cheddar Chex Mix</p>	<p>NO SCHOOL</p>		
<p>23 WG Cinnamon Chex, Sliced Peaches & 1% Milk</p> <p>Homemade WW Mac & Cheese, Steamed Broccoli, Fresh Coleslaw with Creamy Coleslaw Dressing & 1% Milk</p> <p>Low-Fat Mozzarella String Cheese, Fresh Orange Wedges</p>	<p>24 Egg & Cheese Muffin (WW English Muffin, Egg Patty, Sliced Cheese, Hash Browns & 1% Milk)</p> <p>Homemade White Chicken Chili, WW Crackers, Spinach Salad with Homemade Chipotle Ranch Dressing, Fresh Pineapple & 1% Milk</p> <p>Fresh Apple Wedges, Low-Fat Vanilla Greek Yogurt & Homemade Granola</p>	<p>25 Homemade WW Banana Bread, Strawberries & 1% Milk</p> <p>Grilled Hamburgers on a WW Bun, Fresh Lettuce & Tomatoes, Roasted Cinnamon Sweet Potatoes, Fresh Kiwis & 1% Milk</p> <p>Fresh Carrots & Celery, Homemade Ranch Dressing & WG Cheddar Cheez Itz</p>	<p>26 WW Pancakes with Syrup, Blueberries & 1% Milk</p> <p>Homemade Chicken Tenders, WW Bread Stick, BBQ Baked Beans, Romaine Salad with Ranch Dressing, & 1% Milk</p> <p>Banana Roll-Ups (Fresh Banana, WW Tortilla, Sunbutter)</p>	<p>NO SCHOOL</p>	