

November 2023

Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
October 30 NO SCHOOL	October 31 WG Chex, Sliced Pears & 1% Milk Chicken Chili/ WG Crackers/Spinach Salad/Chipotle Ranch/Fresh Pineapple & 1% Milk Yogurt/Granola/Mangoes	November 1 WG Banana Bread/Strawberries & 1% Milk Hamburgers/WG Bun/Lettuce & Tomato/Cinnamon Sweet Potatoes/Fresh Kiwi & 1% Milk Baby Carrots & Celery/Ranch/WG Cheez-Its	2 WG Waffle & Syrup/Blueberries & 1% Milk Cheese Pizza w/WG Crust/Romaine Salad/Italian/Fruit Salad & 1% Milk Banana/WG Tortilla/Sun Butter	3 WG Kix Cereal/Fruit Salad & 1% Milk Sliced Turkey/Sliced Cheese/WG Crackers/Baby Carrots/Ranch/Fresh Orange Wedges & 1% Milk WG Goldfish/Sliced Peaches
6 WG Cheerios/ Roasted Apple Slices & 1% Milk Cheese Enchiladas w/WG Tortillas/Warm Black Bean & Corn Salad/Mangoes & 1% Milk WG Soft Pretzel Stick/Celery Sticks & Ranch Dressing	7 WG Mini Blueberry Bagel/Strawberry Cream Cheese/Mangoes & 1% Milk Grilled Cheese w/WG Bread/Tomato Soup/Romaine Salad/Ranch/Fresh Pineapple 1% Milk Apple Wedges/WG Graham Crackers/Sun Butter	8 WG Oatmeal Bread Bread/Strawberries & 1% Milk Chicken Fried Rice/ Broccoli Slaw/Asian Sesame Dressing/Mandarin Oranges & 1% Milk Baby Carrots & Cucumbers/Ranch/WG Crackers	9 WG Pancakes & Syrup/Blueberries & 1% Milk WG Spaghetti & Meat (Beef) Sauce/Sauteed Summer Squash/Fresh Fruit & 1% Milk Banana/Yogurt/Granola	10 NO SCHOOL
13 WG Chex/Peaches & 1% Milk WW Bean & Cheese Burrito/Mexicali Corn/Salsa/Fresh Kiwis & 1% Milk Cheddar Slices/WG Crackers	14 WG Tortilla/Scrambled Eggs/Cheese/Salsa/Hash Browns & 1% Milk Chicken WG Noodle Soup/Spinach Salad/ Ranch/Steamed Green Beans & 1% Milk Yogurt/Granola/Mangoes	15 WG Banana Bread/Strawberries & 1% Milk Beef Sloppy Joes/WG Bun/Fresh Snap Peas/Fresh Pineapple & 1% Milk Baby Carrots & Snap Peas/Ranch & WG Goldfish	16 WG French Toast Sticks/Syrup/Blueberries & 1% Milk Chicken Tenders/BBQ Baked Beans/WG Rolls/Romaine Salad/Ranch Dressing & 1% Milk Banana/WG Tortilla/Sun Butter	17 WG Kix Cereal/Fruit Salad & 1% Milk Sliced Turkey/Sliced Cheese/WG Bread Stick/Baby Carrots/Ranch/Sliced Peaches & 1% Milk WG Goldfish/Mandarin Oranges
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 WG Chex/ Cinnamon Applesauce & 1% Milk WW Mac & Cheese/Steamed Broccoli/Coleslaw/Creamy Coleslaw Dressing & 1% Milk String Cheese/Orange Wedges	28 WG English Muffin/Egg Patty/Sliced Cheese/Hash Browns & 1% Milk Chicken Chili/ WG Crackers/Spinach Salad/Chipotle Ranch/Fresh Pineapple & 1% Milk Yogurt/Granola/Mangoes	29 WG Banana Bread/Strawberries & 1% Milk Hamburgers/WG Bun/Lettuce & Tomato/Cinnamon Sweet Potatoes/Fresh Kiwi & 1% Milk Baby Carrots & Celery/Ranch/WG Cheez-Its	30 WG Waffle & Syrup/Blueberries & 1% Milk Cheese Pizza/Romaine Salad/Italian/Fruit Salad & 1% Milk Banana/WG Tortilla/Sun Butter	30 WG Kix Cereal/Fruit Salad & 1% Milk Sliced Turkey/Sliced Cheese/WG Crackers/Baby Carrots/Ranch/Fresh Orange Wedges & 1% Milk WG Goldfish/Sliced Peaches