**October 2021 Klamath Family Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |   | **1** |   |
| **4** | **B:** Strawberry Yogurt Parfaitw/WG CheeriosMilk**L:** Bean & Cheese WG Tostada, Lettuce, TomatoSliced Fresh ApplesMilk | **5** | **B:** Breakfast Burrito on WG Tortilla (Egg, Cheese)Pineapple Tidbits, Milk**L:** Ham & Cheese SandwichOn WW Bread Baby Carrots, Sliced OrangesMilk | **6** | **B:** WG Life CerealBananaMilk**L:**  Chicken Salad w/WG Saltine Crackers, Sliced Cucumber, GrapesMilk | **7** | **B:** Malt o MealBlueberriesMilk**L:** Beef Taco on WG Tortilla, Corn (Frozen)Diced Peaches in juiceMilk | **8** |  |
| **11** | **B:** WG French Toast SticksApplesauceMilk**L:** WG Fish SticksPeas (Frozen)Diced Peaches in juiceMilk | **12** | **B:** Scrambled EggsHash BrownsMilk**L:** Beef ChiliWG Cornbread, PeasPineapple Tidbits in juiceMilk | **13** | **B:** WG OatmealStrawberries (Frozen)Milk**L:** Cottage CheeseWG GoldfishBroccoliDiced Pears in juice, Milk | **14** | **B:** Banana Bobsw/Strawberry Yogurt & WG Cheerios, Milk**L:** Chicken Noodle SoupMixed Veggies (Frozen)Sliced OrangesMilk  | **15** |  |
| **18** | **B:** WW Toast w/Cream Cheese, Diced Peaches in juice, Milk**L:** WG English Muffin Cheese Pizza w/olivesPeas (Frozen)Sliced Apples (Canned)Milk | **19** | **B:** Biscuits and Turkey Sausage Gravy, Grapes ¼ Milk**L:** Tuna Sandwich on WW Bread, Diced CucumberTropical Fruit in juiceMilk  | **20** | **B:** WG PancakesApplesauceMilk**L:** Bean & Cheese WG Burrito, Diced TomatoMandarins in juiceMilk | **21** | **B:** WG Banana MuffinDiced Peaches in juiceMilk**L:** Hawaiian Chicken Wrap on WG TortillaBroccoliSliced Canned Apples, Milk  | **22** |  |
| **25** | **B:** WG French Toast SticksBlueberry SauceMilk**L:** WG Chicken Patty Sand on WW BunCauliflower, Grapes Milk | **26** | **B:** Chilaquiles’ w/WG Corn Tortilla, Diced PeachesMilk**L:** Minestrone SoupWG Bread StickApple Slices (Canned)Milk | **27** | **B:** WG OatmealStrawberries (Frozen)Milk**L:** Beef Shepherd’s Pie, Green Beans Diced Pears in juiceMilk | **28** | **B:** WG Life CerealBananaMilk**L:** Egg Salad Sandwich on WW Bread, Sweet Potato Fries, Sliced OrangesMilk | **29** |  |

**\*This Organization is an Equal Opportunity Provider**

**\*1% Unflavored Milk served to children Age 2 or older \*Unflavored Whole Milk served to children Age 12 months-23 months**

**This Menu is subject to change.**