**October 2021 Klamath Family Headstart Menu**

**Duration Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | **1** | **No School** |
| **4** | **B:** Strawberry Yogurt Parfait  w/WG Cheerios  Milk  **L:** Bean & Cheese WG Tostada, Lettuce, Tomato  Sliced Fresh Apples  Milk | **5** | **B:** Breakfast Burrito on  WG Tortilla (Egg, Cheese)  Pineapple Tidbits, Milk  **L:** Ham & Cheese Sandwich  On WW Bread  Baby Carrots, Sliced Oranges  Milk | **6** | **B:** WG Life Cereal  Banana  Milk  **L:**  Chicken Salad w/WG Saltine Crackers, Sliced Cucumber, Grapes  Milk | **7** | **B:** Malt o Meal  Blueberries  Milk  **L:** Beef Taco on WG Tortilla, Corn (Frozen)  Diced Peaches in juice  Milk | **8** | **B:** Hard Boiled Egg  Diced Pears in juice  Milk  **L:** Tomato Soup, Grilled Cheese on WW Bread  Sliced Canned Apples  Milk |
| **11** | **B:** WG French Toast Sticks  Applesauce  Milk  **L:** WG Fish Sticks  Peas (Frozen)  Diced Peaches in juice  Milk | **12** | **B:** Scrambled Eggs  Hash Browns  Milk  **L:** Beef Chili  WG Cornbread, Peas  Pineapple Tidbits in juice  Milk | **13** | **B:** WG Oatmeal  Strawberries (Frozen)  Milk  **L:** Cottage Cheese  WG Goldfish  Broccoli  Diced Pears in juice, Milk | **14** | **B:** Banana Bobs  w/Strawberry Yogurt & WG Cheerios, Milk  **L:** Chicken Noodle Soup  Mixed Veggies (Frozen)  Sliced Oranges  Milk | **15** | **B:** WG Pancakes  Applesauce  Milk  **L:** Egg Salad Sandwich on WW Bread,  Baby Carrots, Grapes  Milk |
| **18** | **B:** WW Toast w/Cream Cheese, Diced Peaches in juice, Milk  **L:** WG English Muffin Cheese Pizza w/olives  Peas (Frozen)  Sliced Apples (Canned)Milk | **19** | **B:** Biscuits and Turkey Sausage Gravy, Grapes ¼  Milk  **L:** Tuna Sandwich on WW Bread, Diced Cucumber  Tropical Fruit in juice  Milk | **20** | **B:** WG Pancakes  Applesauce  Milk  **L:** Bean & Cheese WG Burrito, Diced Tomato  Mandarins in juice  Milk | **21** | **B:** WG Banana Muffin  Diced Peaches in juice  Milk  **L:** Hawaiian Chicken Wrap on WG Tortilla  Broccoli  Sliced Canned Apples, Milk | **22** | **B:** WG Cheerios  Diced Pears in juice  Milk  **L:** WW Grilled Cheese  Sweet Potato Fries  Pineapple Tidbits in juice  Milk |
| **25** | **B:** WG French Toast Sticks  Blueberry Sauce  Milk  **L:** WG Chicken Patty Sand on WW Bun  Cauliflower, Grapes  Milk | **26** | **B:** Chilaquiles’ w/WG Corn  Tortilla, Diced Peaches  Milk  **L:** Minestrone Soup  WG Bread Stick  Apple Slices (Canned)  Milk | **27** | **B:** WG Oatmeal  Strawberries (Frozen)  Milk  **L:** Beef Shepherd’s Pie, Green Beans  Diced Pears in juice  Milk | **28** | **B:** WG Life Cereal  Banana  Milk  **L:** Egg Salad Sandwich on WW Bread, Sweet Potato Fries, Sliced Oranges  Milk | **29** | **B:** WG English Muffin Egg Sandwich, Pineapple Rings  Milk  **L:** Grilled Ham & Cheese on WW Bread,  Baby Carrots, Grapes  Milk |

**\*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.**

**Snack**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  | **1** | **No School** |
| **4** | WG Graham Crackers  Milk | **5** | WG Pita Bread  Grapes ¼  Water | **6** | Sliced Apples  Peanut Butter  Water | **7** | WG Animal Crackers  Applesauce Cups  Water | **8** | Cheese Cubes  WG Goldfish Crackers  Water |
| **11** | WG Graham Crackers  Milk | **12** | WG Pita Bread  Pear Fruit Cups  Water | **13** | WG Animal Crackers  Sliced Banana  Water | **14** | Baby Bears Honey Bites  Water | **15** | WG Goldfish Crackers  Sliced Cucumbers  Water |
| **18** | WG Graham Crackers  Milk | **19** | WW Saltine Crackers  Cheese Cubes  Water | **20** | Baby Bear Bites  Water | **21** | WG Animal Crackers Cucumber Sticks  Water | **22** | WG Goldfish Crackers  Thin Sliced Oranges  Water |
| **25** | WG Graham Crackers  Milk | **26** | String Cheese  Thin Sliced Oranges  Water | **27** | WG Animal Crackers  Sliced Apples (Canned)  Water | **28** | Cheese Cubes  Grapes ¼  Water | **29** | Sliced Apples  Peanut Butter  Water |

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