**October 2021 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |   | **1** | **B:** WG Bagel w/Cream CheeseDiced Peaches in juice, Milk**L:** WG Chicken StripsGreen BeansPineapple Tidbits in juiceMilk |
| **4** | **B:** Strawberry Yogurt Parfaitw/WG GranolaMilk**L:** Bean & Cheese WG Taco Lettuce, TomatoSliced Apples (Canned)Milk | **5** | **B:** Breakfast Burrito on WG Tortilla (Egg, Cheese)Pineapple Tidbits, Milk**L:** Ham & Cheese SandwichOn WW Bread, SteamedBaby Carrots, Sliced OrangesMilk | **6** | **B:** WG Life CerealBananaMilk**L:**  Chicken Salad w/WG Goldfish Crackers, Sliced Cucumber, Grapes ¼ Milk | **7** | **B:** Malt o MealBlueberriesMilk**L:** Beef Taco on WG Tortilla, Corn (Frozen)Diced Peaches in juiceMilk | **8** | **B:** Hard Boiled EggDiced Pears in juiceMilk**L:** Tomato Soup, Grilled Cheese on WW BreadSliced Canned ApplesMilk |
| **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 Granola, Milk**L:** Chicken Noodle SoupMixed Veggies (Frozen)Sliced OrangesMilk  | **15** | **B:** WG PancakesApplesauceMilk**L:** Egg Salad Sandwich on WW BreadBaby Carrots, GrapesMilk |
| **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, GrapesMilk**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 TortillaSteamed Broccoli Fresh Sliced Apples, Milk  | **22** | **B:** WG CheeriosDiced Pears in juiceMilk**L:** WW Grilled CheeseSweet Potato FriesPineapple Rings in juiceMilk |
| **25** | **B:** WG French Toast SticksBlueberry SauceMilk**L:** WG Chicken Patty Sand on WW Bun, Steamed Cauliflower, Grapes ¼ 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 CheeriosBananaMilk**L:** Egg Salad Sandwich on WW Bread, Sweet Potato Fries, Sliced OrangesMilk | **29** | **B:** WG English Muffin Egg Sandwich, Pineapple RingsMilk**L:** Grilled Ham & Cheese on WW Bread, SteamedBaby Carrots, Grapes ¼ 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** | Strawberry S’moresWater |
| **4** | WG Graham CrackersMilk | **5** | WG Pita BreadGrapesWater | **6** | String CheesePear Cups in juiceWater | **7** | WG Animal CrackersApplesauce CupsWater | **8** | Cheese CubesWG Goldfish CrackersWater |
| **11** | WG Graham CrackersMilk | **12** | WG Pita BreadPear Fruit CupsWater | **13** | WG Animal CrackersSliced BananaWater | **14** | Baby Bears Honey BitesWater | **15** | WG Goldfish CrackersSliced CucumbersWater |
| **18** | WG Graham CrackersMilk | **19** | WW Saltine CrackersCheese CubesWater | **20** | Baby Bear BitesWater | **21** | WG Animal Crackers Cucumber SticksWater | **22** | WG Goldfish CrackersThin Sliced OrangesWater |
| **25** | WG Graham CrackersMilk | **26** | String Cheese Thin Sliced OrangesWater | **27** | WG Animal CrackersSliced Apples (Canned)Water | **28** | Cheese Cubes Grapes Water | **29** | Sliced ApplesSliced CucumbersWater |

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