**October 2022 Klamath Family Headstart Menu**

**Duration Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3** | **B:** WG Cheerios  Blueberries  Milk  **L:** BBQ Chicken Sliders on WG Dinner Roll  Green Beans, Tropical Fruit in juice, Milk | **4** | **B:** WW English Muffin & Peanut Butter, Sliced Apples, Milk  **L:** Bean & Cheese Burrito on WG Tortilla  Sliced Tomato  Mandarins in juice, Milk | **5** | **B:** WG Pancakes  Applesauce  Milk  **L:** Spaghetti w/Beef and WG Pasta  Green Salad w/Ranch  Diced Peaches in juice, Milk | **6** | **B:** Scrambled Eggs  Sliced Oranges  Milk  **L:** Pozole Soup w/Chicken  WG Corn Chips  Sliced Cucumber, Diced Pear in juice, Milk | **7** | **B:** Berry Blast Off Parfait  WG Granola  Milk  **L:** Tuna Salad, WG Saltine Crackers  Baby Carrots  Grapes, Milk |
| **10** | **B:** WG French Toast Sticks  Applesauce  Milk  **L:** WG Fish Sticks  Steamed Cauliflower  Pineapple Tidbits  Milk | **11** | **B:** Malt o Meal  Strawberries  Milk  **L:** Chicken Pot Pie w/WG Biscuit Topping & Mixed Veggies (Frozen) Grapes  Milk | **12** | **B:** Blueberry WG Muffin  Diced Peaches in juice  Milk  **L:** Chef Salad w/Ranch  Egg, Ham, Lettuce, Tomato  WW Croutons, Mandarins  In juice, Milk | **13** | **B:** WG Life Cereal  Banana  Milk  **L:** Broccoli Mac & Cheese  WG Pasta  Diced Pears in juice  Milk | **14** | **B:** Hard Boiled Egg  Sliced Oranges  Milk  **L:** Beef Taco on WG Tortilla  Lettuce, Tomato  Grapes  Milk |
| **17** | **B:** Banana Bobs w/WG Granola and Yogurt  Milk  **L:** WG Chicken Patty Sandwich on WG Bun  Mixed Veggies (Frozen)  Diced Pears in juice, Milk | **18** | **B:** WG Oatmeal  Sliced Apples (Canned)  Milk  **L:** WW Grilled Cheese Sandwich/Tomato Soup  Diced Peaches in juice  Milk | **19** | **B:** Scrambled Eggs, WW Toast, Sliced Oranges  Milk  **L:** Chicken Stir Fry w/Yakisoba Noodles & Broccoli, Pineapple Tidbits in juice, Milk | **20** | **B:** WG Bagel w/Peanut Butter, Fresh Sliced Apple  Milk  **L:** Egg Salad Sandwich on WW Bread  Baby Carrots, Grapes  Milk | **21** | **No School** |
| **24** | **B:** WG Life Cereal  Blueberries  Milk  **L:** Hamburgers on WG Bun  Lettuce & Tomato  Mandarins in juice  Milk | **25** | **B:** WG Pancakes  Applesauce  Milk  **L:** Tuna Salad, WG Saltine Crackers  Cauliflower, Sliced Fresh Pears, Milk | **26** | **B:** WG Banana Muffins  Pineapple Rings in juice  Milk  **L:** Bean & Cheese Nachos WG Corn Chips  Sliced Cucumber, Tropical Fruit in juice, Milk | **27** | **B:** Egg & Cheese WG English Muffin, Grapes  Milk  **L:** Beef Chili  WG Cornbread  Peas & Carrots (Frozen)  Diced pears in juice, Milk | **28** | **B:** WG Shredded Wheat Cereal, Banana  Milk  **L:** Chicken WG Noodle Soup, Corn (Frozen)  Mandarins in juice  Milk |
| **31** | **B:** Berry Blast Off Parfait  WG Granola  Milk  **L:**  Chicken Wrap  On WG Tortilla, Lettuce Tomato, Ranch  Sliced Oranges, 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**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3** | WG Graham Crackers  Milk | **4** | WG Chex Mix  String Cheese  Water | **5** | WG Animal Crackers  Sliced Oranges  Water | **6** | Baby Bear Bites  Water | **7** |  |
| **10** | WG Graham Crackers  Water | **11** | WG Goldfish Crackers  Dill Pickles  Water | **12** | Cottage Cheese  WG Pretzels  Water | **13** | WW Toast w/Cinnamon Sugar  Milk | **14** |  |
| **17** | WG Graham Crackers  Milk | **18** | WW Saltine Crackers  String Cheese  Water | **19** | WG Animal Crackers  Sliced Banana  Water | **20** | Mini P B n J Sandwich on  WW Bread ¼  Water | **21** |  |
| **24** | WG Graham Crackers  Milk | **25** | Baby Bear Bites  Water | **26** | WW Saltine Crackers  Cheese Cubes  Water | **27** | WG Pita Bread  Dill Pickles  Water | **28** |  |
| **31** | Graham Crackers    Milk |  |  |  |  |  |  |  |  |

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