**October 2022 Klamath Family Early Headstart 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  Thin Sliced Apples  Milk  **L:** Bean & Cheese Burrito on WG Tortilla  Diced Tomato  Mandarins in juice, Milk | **5** | **B:** WG Pancakes  Applesauce  Milk  **L:** Spaghetti w/Beef and WG Pasta  Chopped Green Salad w/Ranch, Diced Peaches in juice, Milk | **6** | **B:** Scrambled Eggs  Thin Sliced Oranges  Milk  **L:** Pozole Soup w/Chicken  WG Bread Stick  Diced Cucumber, Diced Pear in juice, Milk | **7** | **B:** Berry Blast Off Parfait  WG Cheerios  Milk  **L:** Tuna Salad, WG Goldfish Crackers  Steamed Baby Carrots  Grapes ¼, 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 ¼  Milk | **12** | **B:** Blueberry WG Muffin  Diced Peaches in juice  Milk  **L:** Chopped 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, Chopped  Thin Sliced Oranges  Milk  **L:** Beef Taco on WG Tortilla  Chopped Lettuce, Tomato  Grapes ¼  Milk |
| **17** | **B:** Banana Bobs w/WG Cheerios 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, Thin Sliced Oranges  Milk  **L:** Chicken Stir Fry w/Yakisoba Noodles & Broccoli, Pineapple Tidbits in juice, Milk | **20** | **B:** WG Bagel  Thin Sliced Apple  Milk  **L:** Egg Salad Sandwich on WW Bread  Steamed Baby Carrots, Grapes ¼, Milk | **21** | **No School** |
| **24** | **B:** WG Life Cereal  Blueberries  Milk  **L:** Hamburgers on WG Bun  Chopped Lettuce & Tomato  Mandarins in juice  Milk | **25** | **B:** WG Pancakes  Applesauce  Milk  **L:** Tuna Salad, WG Goldfish Crackers, Steamed  Cauliflower, Thin Sliced Fresh Pears, Milk | **26** | **B:** WG Banana Muffins  Pineapple Rings in juice  Milk  **L:** Bean & Cheese Burrito on WG Tortilla  Diced Cucumber, Tropical Fruit in juice, Milk | **27** | **B:** Egg & Cheese WG English Muffin, Grapes ¼  Milk  **L:** Beef Chili  WG Cornbread  Peas & Carrots (Frozen)  Diced pears in juice, Milk | **28** | **B:** WG Rice Krispies Cereal, Banana  Milk  **L:** Chicken WG Noodle Soup, Corn (Frozen)  Mandarins in juice  Milk |
| **31** | **B:** Berry Blast Off Parfait  WG Cheerios  Milk  **L:**  Chicken Wrap  On WG Tortilla, Chopped Lettuce, Tomato, Ranch  Thin 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 Goldfish  String Cheese  Water | **5** | WG Pita Bread  Thin Sliced Oranges  Water | **6** | WW Toast  Strawberry Yogurt  Water | **7** |  |
| **10** | WG Graham Crackers  Water | **11** | WG Goldfish Crackers  Dill Pickles  Water | **12** | Cottage Cheese  WG Graham Crackers  Water | **13** | WW Toast w/Cinnamon Sugar  Milk | **14** |  |
| **17** | WG Graham Crackers  Milk | **18** | WW Saltine Crackers  String Cheese  Water | **19** | WG Goldfish Crackers  Sliced Banana  Water | **20** | WW Pita Bread  Pear Cups  Water | **21** |  |
| **24** | WG Graham Crackers  Milk | **25** | Sliced Banana  Milk | **26** | WW Saltine Crackers  Cheese Cubes  Water | **27** | WG Pita Bread  Dill Pickles  Water | **28** |  |
| **31** | Graham Crackers    Milk |  |  |  |  |  |  |  |  |

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