**October 2022 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3** | **B:** WG CheeriosBlueberriesMilk**L:** BBQ Chicken Sliders on WG Dinner RollGreen Beans, Tropical Fruit in juice, Milk | **4** | **B:** WW English Muffin Thin Sliced ApplesMilk**L:** Bean & Cheese Burrito on WG TortillaDiced TomatoMandarins in juice, Milk | **5** | **B:** WG Pancakes ApplesauceMilk**L:** Spaghetti w/Beef and WG PastaChopped Green Salad w/Ranch, Diced Peaches in juice, Milk | **6** | **B:** Scrambled EggsThin Sliced OrangesMilk**L:** Pozole Soup w/ChickenWG Bread StickDiced Cucumber, Diced Pear in juice, Milk | **7** | **B:** Berry Blast Off ParfaitWG CheeriosMilk**L:** Tuna Salad, WG Goldfish CrackersSteamed Baby CarrotsGrapes ¼, Milk |
| **10** | **B:** WG French Toast SticksApplesauceMilk**L:** WG Fish SticksSteamed CauliflowerPineapple TidbitsMilk | **11** | **B:** Malt o MealStrawberriesMilk**L:** Chicken Pot Pie w/WG Biscuit Topping & Mixed Veggies (Frozen) Grapes ¼ Milk | **12** | **B:** Blueberry WG MuffinDiced Peaches in juiceMilk**L:** Chopped Chef Salad w/Ranch, Egg, Ham, Lettuce, Tomato, WW Croutons, Mandarins In juice, Milk | **13** | **B:** WG Life CerealBananaMilk**L:** Broccoli Mac & Cheese WG PastaDiced Pears in juiceMilk | **14** | **B:** Hard Boiled Egg, ChoppedThin Sliced OrangesMilk**L:** Beef Taco on WG TortillaChopped Lettuce, TomatoGrapes ¼ Milk |
| **17** | **B:** Banana Bobs w/WG Cheerios and YogurtMilk**L:** WG Chicken Patty Sandwich on WG BunMixed Veggies (Frozen)Diced Pears in juice, Milk | **18** | **B:** WG OatmealSliced Apples (Canned)Milk**L:** WW Grilled Cheese Sandwich/Tomato SoupDiced Peaches in juiceMilk | **19** | **B:** Scrambled Eggs, WW Toast, Thin Sliced OrangesMilk**L:** Chicken Stir Fry w/Yakisoba Noodles & Broccoli, Pineapple Tidbits in juice, Milk | **20** | **B:** WG BagelThin Sliced AppleMilk**L:** Egg Salad Sandwich on WW BreadSteamed Baby Carrots, Grapes ¼, Milk  | **21** |  **No School** |
| **24** | **B:** WG Life CerealBlueberries Milk**L:** Hamburgers on WG BunChopped Lettuce & TomatoMandarins in juiceMilk | **25** | **B:** WG PancakesApplesauceMilk**L:** Tuna Salad, WG Goldfish Crackers, Steamed Cauliflower, Thin Sliced Fresh Pears, Milk | **26** | **B:** WG Banana MuffinsPineapple Rings in juiceMilk**L:** Bean & Cheese Burrito on WG TortillaDiced Cucumber, Tropical Fruit in juice, Milk | **27** | **B:** Egg & Cheese WG English Muffin, Grapes ¼ Milk**L:** Beef Chili WG CornbreadPeas & Carrots (Frozen)Diced pears in juice, Milk | **28** | **B:** WG Rice Krispies Cereal, BananaMilk**L:** Chicken WG Noodle Soup, Corn (Frozen) Mandarins in juiceMilk |
| **31** | **B:** Berry Blast Off ParfaitWG Cheerios Milk**L:**  Chicken WrapOn WG Tortilla, Chopped Lettuce, Tomato, RanchThin 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 CrackersMilk | **4** | WG GoldfishString CheeseWater | **5** | WG Pita BreadThin Sliced OrangesWater  | **6** | WW ToastStrawberry YogurtWater | **7** |   |
| **10** | WG Graham CrackersWater | **11** | WG Goldfish CrackersDill PicklesWater  | **12** | Cottage CheeseWG Graham CrackersWater | **13** | WW Toast w/Cinnamon Sugar Milk  | **14** |  |
| **17** | WG Graham CrackersMilk | **18** | WW Saltine CrackersString CheeseWater | **19** | WG Goldfish CrackersSliced BananaWater | **20** | WW Pita BreadPear CupsWater | **21** |  |
| **24** | WG Graham CrackersMilk | **25** | Sliced BananaMilk | **26** | WW Saltine CrackersCheese CubesWater  | **27** | WG Pita BreadDill PicklesWater | **28** |  |
| **31** | Graham CrackersMilk |  |  |  |  |  |  |  |  |

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