



# HEADSTART/PREK: BREAKFAST

DCS CHILD NUTRITION PROGRAM

# OCTOBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		10/1	Biscuit/Jelly Sausage Patty Fresh Fruit Fruit Juice	10/2	Cereal Bar Yogurt Fresh Fruit Fruit Juice	10/3	Breakfast Pizza Fresh Fruit Fruit Juice	10/4	Mini Cinnis Fresh Fruit Fruit Juice
10/7	Fall Break	10/8	Fall Break	10/9	Fall Break	10/10	Fall Break	10/11	Fall Break
10/14	French Toast Sticks Fresh Fruit Fruit Juice	10/15	Biscuit/Jelly Steak for Biscuit Fresh Fruit Fruit Juice	10/16	Muffin Top String Cheese Fresh Fruit Fruit Juice	10/17	Bacon, Egg, & Cheese Calzone Fresh Fruit Fruit Juice	10/18	Mini Bagels Fresh Fruit Fruit Juice
10/21	Maple Waffle Sausage Patty Fresh Fruit Fruit Juice	10/22	Biscuit/Jelly Chicken for Biscuit Fresh Fruit Fruit Juice	10/23	Apple Strudel Yogurt Fresh Fruit Fruit Juice	10/24	Bacon, Egg, & Cheese Calzone Fresh Fruit Fruit Juice	10/25	Mini French Toast Fresh Fruit Fruit Juice
10/28	Breakfast Wrap Fresh Fruit Fruit Juice	10/29	Cheese Toast Sausage Patty Fresh Fruit Fruit Juice	10/30	Mini Waffles Fresh Fruit Fruit Juice	10/31	Pumpkin Patch Parfait Granola Candy Corn Pumpkin Fruit Juice		

\*\*\*Menu subject to change due to availability\*\*\* All complete meals include choice of milk: skim & 1% white, fat-free chocolate, or fat free strawberry.



# HEADSTART/PRE-K: LUNCH

## DCS CHILD NUTRITION PROGRAM

# OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	10/1 Chicken Spaghetti Seasoned Green Beans Glazed Carrots Schoolmade Yeast Rolls Fresh Fruit	10/2 Crispito Queso Cheese Seasoned Pinto Beans Shredded Romaine Salsa Fresh Fruit	10/3 Beef Fingers Creamed Potatoes California Blend Veggie Biscuit Fresh Fruit	10/4 Breaded Cheese Sticks Marinara Sauce Buttered Corn Steamed Broccoli Fresh Fruit
10/7 Fall Break	10/8 Fall Break	10/9 Fall Break	10/10 Fall Break	10/11 Fall Break
10/14 Sloppy Joe Potato Rounds Peas and Carrots Fresh Fruit	10/15 Chicken and Rice Casserole Steamed Broccoli Glazed Carrots Garlic Breadstick Fresh Fruit	10/16 Chicken Enchilada Calzone Seasoned Pinto Beans Shredded Romaine Salsa Fresh Fruit	10/17 Chicken Bites Creamed Cheesy Potatoes Seasoned Green Beans Schoolmade Yeast Roll Fresh Fruit	10/18 Buffalo Chicken Pizza Buttered Corn California Blend Veggie Fresh Fruit
10/21 Deli Sandwich Potato Rounds Ketchup/Mustard/Mayo Steamed Broccoli Fresh Fruit	10/22 Spaghetti with Meat Sauce Seasoned Green Beans California Blend Schoolmade Yeast Roll Fresh Fruit	10/23 Beef/Chicken Nachos Seasoned Pinto Beans Shredded Romaine Salsa Fresh Fruit	10/24 Baked Chicken Fresh Collards Yam Patties Chicken Rice Pilaf Cornbread Muffins Fresh Fruit	10/25 Pepperoni Pizza Bagel Buttered Corn Peas and Carrots Fresh Fruit
10/28 Maple Waffle Chicken Tenders Syrup/Ketchup Potato Rounds Peas and Carrots Fresh Fruit	10/29 Riblet Hoagie Baked Beans Coleslaw Fresh Fruit	10/30 Chicken and Cheese Quesadilla Buttered Corn Shredded Romaine Salsa Fresh Fruit	10/31 Chuckwagon Chili Grilled Cheese Sandwich Potato Smiles Steamed Broccoli Tangerines or Orange	

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