

## Week 1 Breakfast & Lunch

**Portions listed are appropriate for children 3-5 years old  
Menus and Meals prepared by Fieler, Iddings and Miller**

	Monday, October 14	Tuesday, October 15	Wednesday, October 16	Thursday, October 17	Friday, October 18
<b>B R E A K F A S T</b>	CN WG Cinnamon Waffle 2 oz grain equivalent Applesauce ½ cup Low Fat Milk- 8oz	Marshmallow Matey's Go-Gurt 1 oz grain equivalent 1/2 oz meat/meat alternative Banana 1 each ½ cup Low Fat Milk-8oz	CN WG Blueberry Muffin 1 oz grain equivalent Peaches ½ cup Low Fat Milk – 8oz	CN WG Confetti Pancakes 2 oz grain equivalent Mixed Fruit Cup ½ cup Low Fat Milk- 8oz	CN WG Breakfast sandwich* 1 oz meat/meat alternative 1 oz grain equivalent Apples Slices ½ cup Low Fat Milk- 8oz
<b>L U N C H</b>	CN Chicken Nuggets 2oz meat/meat alternative 1 oz grain equivalent Goldfish Cracker 1 oz grain equivalent Baked Beans ¼ cup Pears ¼ cup Low Fat Milk – 8 oz BBQ Sauce Cup	CN Taco w/lettuce/cheese 2 meat/meat alternative 1 oz grain equivalent Potato Smiles ½ cup Fruit Salad 1/2 cup Low Fat Milk -8oz	CN Chicken Planks 2 oz m/ma 1oz grain equivalent Green Beans ¼ cup Peaches ¼ cup Chic'n Dippin Sauce Low Fat Milk-8oz	CN Pasta w/ Meatballs 1 meat/meat alternative 2 oz grain equivalent Corn on the Cob ¼ cup Cinnamon apples ½ cup Low Fat Milk--8 oz	CN Tony's Deep Dish Cheese Pizza 2 meat/meat alternative 2 oz grain equivalent Juice Slushie ½ cup Low Fat Milk- 8oz

**Geminus Head Start is an equal opportunity provider. \*Items made with poultry.**

## Week 2 Breakfast & Lunch

**Portions listed are appropriate for children 3-5 years old  
Menus and Meals prepared by Fieler, Iddings and Miller**

	Monday, September 30	Tuesday, October 1	Wednesday, October 2	Thursday, October 3	Friday, October 4
<b>B R E A K F A S T</b>	CN WG Cinnamon Waffle 2 oz grain equivalent Applesauce ½ cup Low Fat Milk- 8oz	Marshmallow Matey's Go-Gurt 1 oz grain equivalent 1/2 oz meat/meat alternative Banana 1 each ½ cup Low Fat Milk-8oz	CN WG Blueberry Muffin 1 oz grain equivalent Peaches ½ cup Low Fat Milk – 8oz	CN WG Confetti Pancakes 2 oz grain equivalent Mixed Fruit Cup ½ cup Low Fat Milk- 8oz	CN WG Breakfast sandwich* 1 oz meat/meat alternative 1 oz grain equivalent Apples Slices ½ cup Low Fat Milk- 8oz
<b>L U N C H</b>	CN Chicken Nuggets 2oz meat/meat alternative 1 oz grain equivalent Goldfish Cracker 1 oz grain equivalent Baked Beans ¼ cup Pears ¼ cup Low Fat Milk – 8 oz BBQ Sauce Cup	CN Uncrustable 1 meat/meat alternative 1 oz grain equivalent Go-Gurt ½ meat/meat alternative Paradise Punch ½ cup vegetable Applesauce cup ½ cup Low Fat Milk--8 oz <b>Early Dismissal</b>	CN Matey's Bowl* 1.5 meat/meat alternative .75 oz grain equivalent Mashed Potatoes ¼ cup Corn ¼ cup Jello w/ fruit ¼ cup Low Fat Milk 8oz	HM Lasagna 2 meat/meat alternative .75 grain equivalent Broccoli ¼ cup Frozen fruit cup ½ cup Low Fat Milk-8oz	CN Domino's Cheese Pizza 2 meat/meat alternative 2 oz grain equivalent Peas ¼ cup Applesauce ¼ cup Low Fat Milk- 8oz

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## Week 3 Breakfast & Lunch

**Portions listed are appropriate for children 3-5 years old  
Menus and Meals prepared by Fieler, Iddings and Miller**

	Monday, October 7	Tuesday, October 8	Wednesday, October 9	Thursday, October 10	Friday, October 11
<b>B R E A K F A S T</b>	CN WG Cinnamon Waffle 2 oz grain equivalent Applesauce ½ cup Low Fat Milk- 8oz	Marshmallow Matey's Go-Gurt 1 oz grain equivalent 1/2 oz meat/meat alternative Banana 1 each ½ cup Low Fat Milk-8oz	CN WG Blueberry Muffin 1 oz grain equivalent Peaches ½ cup Low Fat Milk – 8oz	CN WG Confetti Pancakes 2 oz grain equivalent Mixed Fruit Cup ½ cup Low Fat Milk- 8oz	CN WG Breakfast sandwich* 1 oz meat/meat alternative 1 oz grain equivalent Apples Slices ½ cup Low Fat Milk- 8oz
		<b>Early Dismissal</b>			
<b>L U N C H</b>	CN Hamburger w/ bun 2 meat/meat alternative 2 oz grain equivalent Baked Beans ¼ cup Pears ¼ cup Low Fat Milk – 8 8 oz Ketchup Packet Mustard Packet American Cheese Slice Relish Packet	CN Yogurt Lunchable 1.5 meat/meat alternative 1 oz grain equivalent Orange Medley Juice ½ cup Peaches ¼ cup Low Fat Milk-8oz	CN Orange Chicken 2 oz meat/meat alternative .5 oz grain equivalent Brown Rice ¼ cup .5 grain equivalent Corn ¼ cup Jello w/ fruit ¼ cup Low Fat Milk 8oz	CN Uncrustable 1 meat/meat alternative 1 oz grain equivalent Go-Gurt ½ meat/meat alternative Broccoli ¼ cup Frozen fruit cup ½ cup Low Fat Milk--8 oz	CN Four Cheese Pizza 1.5 meat/meat alternative 1.6 oz grain equivalent Peas ¼ cup Applesauce ¼ cup Low Fat Milk- 8oz
		<b>Early Dismissal</b>			

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