



October 2026

Jasper County Head-Start & Pre-K

Breakfast & Lunch Menu

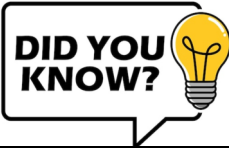
FREE MEALS
FOR ALL STUDENTS



ADULT MEALS
Breakfast: \$3.00
Lunch: \$4.00

HARVEST OF THE MONTH
Squash
(Summer, Winter, Pumpkin)



Monday	Tuesday	Wednesday	Thursday	Friday	October Breast Cancer Awareness
	October Holidays/Observances 10/1 – National Homemade Cookie Day 10/4 – National Cinnamon Roll Day 10/6 – National Taco Day 10/13 – National M&M Day 10/21 – National Apple Day 10/25 – Crisp Sandwich Day 10/30 – National Candy Corn Day		1 Breakfast: Honey Bun LUNCH Steak Nuggets w/Roll or Grilled Cheese Mashed Potatoes Steamed Broccoli Fruit Slushy	2 Breakfast: Chicken Biscuit LUNCH Cheese Pizza or PBJ Buttery Corn Tater Tots Mandarin Oranges	
5 Breakfast: Cereal w/Graham Crackers LUNCH Country Fried Steak w/ Cornbread or Hot Ham & Cheese Squash/Lima Beans Sliced Peaches	6 Breakfast: French Toast Sticks TACO TUESDAY Cheesy Chicken Nachos or Bean Burrito Mexicorn Seasoned Black Beans Fruit Slushy	7 Breakfast: Steak Biscuit LUNCH Max Cheese Sticks w/Marinara Sauce or BBQ Sandwich Seasoned Green Beans Sweet Potato Fries Mixed Fruit	8 Breakfast: Maple Pancakes LUNCH Chicken Tenders w/Roll or Grilled Cheese Mashed Potatoes Steamed Broccoli Fresh Oranges	9 Breakfast: Chicken Biscuit LUNCH Pepperoni Pizza or Turkey & Cheese Hoagie Steamed Carrots Buttery Corn Applesauce	
12 	13 Fall Break ~ School Closed		15	16 	 
19 Breakfast: Cereal w/Graham Crackers LUNCH Sweet & Sour Chicken w/Roll or Egg Roll over Rice Glazed Carrots Mixed Veggies Pineapple Tidbits	20 Breakfast: Breakfast Pizza LUNCH Walking Taco or Bean Burrito Mexicorn Seasoned Black Beans Fruit Slushy	21 Breakfast: Sausage Biscuit LUNCH BBQ Sandwich or Fish Sandwich Baked Beans French Fries Applesauce	22 Breakfast: Honey Bun LUNCH Chicken Nuggets w/Roll or Grilled Cheese Mashed Potatoes Seasoned Green Beans Mandarin Oranges	23 Breakfast: Chicken Biscuit LUNCH Max Cheese Sticks w/Marinara Sauce or Ham Sandwich Tater Tots Steamed Broccoli Mixed Fruit	
26 Breakfast: Blueberry Muffin LUNCH Chicken Sandwich or Salisbury Steak w/Roll Sweet Potatoes Okra Sliced Pears	27 Breakfast: French Toast Sticks LUNCH Cheeseburger or Turkey & Cheese Sandwich Baked Beans French Fries Sliced Peaches	28 Breakfast: Steak Biscuit LUNCH Fish Sticks w/Hushpuppies or BBQ Sandwich Creamy Coleslaw Seasoned Green Beans Mandarin Oranges	29 Breakfast: Maple Pancakes LUNCH Steak Nuggets w/Roll or Grilled Cheese Mashed Potatoes Steamed Broccoli Applesauce Cup	30 Breakfast: Chicken Biscuit LUNCH Cheese Pizza or PBJ Buttery Corn Tater Tots Fruit Slushy	*BREAKFAST * Grab-n-go options are available daily *Daily Offerings: ⇒ Meat ⇒ Grain ⇒ Fruits ⇒ Vegetables ⇒ Milk MENUS SUBJECT TO CHANGE WITHOUT NOTICE. This institution is an equal opportunity provider.