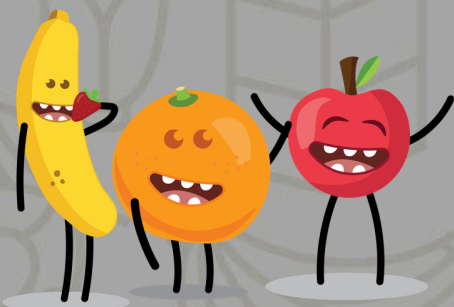


OCTOBER HEAD START BREAKFAST

5 Cocoa Puffs™ Cereal Mandarin Orange Cup Milk	6 Yogurt Apple Slices Milk	7 Trix™ Cereal Banana Milk	8 Yogurt Apple Slices Milk	9 Whole Grain Super Stick Apple Mango Fruit Bar Milk
12 Cinnamon Rice Chex™ Cereal Orange Cup Milk	13 Yogurt Apple Slices Milk	14 Honey Cheerios™ Cereal Banana Milk	15 Trix Cereal Yogurt Peach Cup Milk	16 NO SCHOOL
19 Cocoa Puffs™ Cereal Mandarin Orange Cup Milk	20 Yogurt Apple Slices Milk	21 Trix™ Cereal Banana Milk	22 Yogurt Apple Slices Milk	23 Whole Grain Super Stick Apple Mango Bar Milk
26 Cinnamon Rice Chex™ Cereal Orange Cup Milk	27 Yogurt Apple Slices Milk	28 Honey Cheerios™ Cereal Banana Milk Milk	29 Yogurt Apple Slices Milk	30 Strawberry Boli Mango Applesauce Milk



- For nutrient & allergen information, visit SchoolCafe.com/SPPS.
- Menu subject to change.
- This institution is an equal opportunity provider.

OCTOBER HEAD START LUNCH

5 Cheeseburger Sliders Soybutter Sandwich French Fries Apple	6 Taco Day Seasoned Beef Cheese Sauce Tortilla Shell Lettuce Salsa Soybutter Sandwich Refried Beans Strawberries	7 Italian Dunker Marinara Sauce Soybutter Sandwich Corn Apple Slices	8 Crispy Chicken Sandwich Soybutter Sandwich Lettuce French Fries Banana	9 Lemon Chicken White Rice Grilled Cheese or Soybutter Sandwich Broccoli Applesauce Cup
12 Penne Pasta with Meat Sauce Garlic Toast Soybutter Sandwich Cucumber Slices Pear Cup	13 Chicken Burrito Bowl Chicken Taco Meat Cilantro Lime Rice Lettuce, Salsa Soybutter Sandwich Charro Beans Strawberries	14 Big Daddy's™ Cheese Pizza Soybutter Sandwich Corn Cucumber Slices Apple Slices	15 Anytimer's Cheese Pizza Kit Pretzels Dragon Punch Juice Pear Cup	16 No School 
19 Cheeseburger Soybutter Sandwich French Fries Apples	20 Seasoned Beef Tortilla Shell Shredded Cheese Lettuce Salsa Soybutter Sandwich Refried Beans Strawberries	21 Pizza Crunchers with Marinara Sauce Soybutter Sandwich Corn Cucumber Slices Apple Slices	22 Brunch for Lunch Pancake with Syrup Chicken Sausages Soybutter Sandwich Hash Brown Banana	23 Chicken Finger Basket Galaxy Sauce Soybutter Sandwich French Fries Applesauce Cup
26 Beef Sambusas Yellow Rice Basbaas Sauce Soybutter Sandwich Cucumbers Apple Slices	27 Taco Day Seasoned Chicken Shredded Cheese Lettuce Salsa Tortilla Shell Soybutter Sandwich Refried Beans Strawberries	28 Big Daddy's™ Cheese Pizza Soybutter Sandwich Cucumbers Corn Apple Slices	29 MN Thursday Beef Sloppy Joe's Sandwich Soybutter Sandwich Local Roasted Potatoes Apple	30 Turkey & Cheese Mini Subs Educational Crackers Dragon Punch Juice Pear Cup

OCTOBER SNACK MENU

HEAD START

5 Vanilla Goldfish Graham Orange Tangerine Juice Box	6 Heartzels® Pretzels Fruit Punch Juice Box	7 Cheez-It® Crackers Apple Juice Box	8 French Toast Mini Loaf Tropical Fruit Punch Juice Box	9 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box
12 Educational Crackers Very Berry Juice Box	13 Vanilla Goldfish Graham Orange Tangerine Juice Box	14 Heartzels® Pretzels Tropical Fruit Punch Juice Box	15 Cheez-It® Crackers Applesauce Cup	16 NO SCHOOL 
19 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	20 Educational Crackers Very Berry Juice Box	21 Vanilla Goldfish Graham Orange Tangerine Juice Box	22 Heartzels® Pretzels Tropical Fruit Punch Juice Box	23 Cheez-It® Crackers Apple Juice Box
26 French Toast Mini Loaf Tropical Fruit Punch Juice Box	27 Whole Grain Cheddar Goldfish Orange Tangerine Juice Box	28 Educational Crackers Very Berry Juice Box	29 Vanilla Goldfish Graham Orange Tangerine Juice Box	30 Heartzels® Pretzels Applesauce

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