

OCTOBER 2022

WELCOME FALL



DOVER HEAD START/ EARLY HEAD START MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>03</i></p> <p>B- FRENCH TOAST CRANBERRY JUICE L- CHICKEN FAJITA WHOLE WHEAT WRAP KERNEL CORN DICED TOMATO SHREDDED CHEESE FRESH APPLE S- YOGURT & BERRIES</p>	<p><i>04</i></p> <p>B- YOGURT STRAWBERRY SALSA BLUEBERRIES, PEACHES GRAHAM CRUMBS L- PINTO BEANS, RICE GREEN BEANS WHOLE WHEAT BREAD DICED PEARS S- WHOLE WHEAT CRACKERS & CHEESE</p>	<p><i>05</i></p> <p>B-CHEESE OMELET ORANGE JUICE WHOLE WHEAT BREAD L- CHICKEN & RICE SOUP EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD DICED APRICOTS S- ANIMAL CRACKERS & MILK</p>	<p><i>06</i></p> <p>B-CORN MUFFIN APPLE SAUCE L- SPAGHETTI W/ MEAT SAUCE CARROTS & PEAS WHOLE WHEAT BREAD DICED PEACHES S- TRAIL MIX & MILK</p>	<p><i>07</i></p> <p>B- RICE CRISPY CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- WHOLE GRAIN GRAHAM CRACKERS & MILK</p>
<p><i>10</i></p> <p><u>SCHOOL CLOSED</u></p>	<p><i>11</i></p> <p>B- WHOLE GRAIN BAGEL LITE CREAM CHEESE PINEAPPLE JUICE L- CHICKEN PATTY W/ CHEESE WHOLE WHEAT BUN SLICED CARROTS FRESH STRAWBERRIES S- TEDDY GRAHAMS & MILK</p>	<p><i>12</i></p> <p>B- WAFFLES CRANBERRY JUICE L- LENTILS, RICE WINTER SQUASH WHOLE WHEAT BREAD FRUIT MIX S- TRAIL MIX & MILK</p>	<p><i>13</i></p> <p>B- OATMEAL, RAISINS GRAPE JUICE L- MAC & CHEESE BROCCOLI FLORETS WHOLE WHEAT BREAD FRESH APPLE S- PITA BREAD & HUMMUS</p>	<p><i>14</i></p> <p>B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p>
<p><i>17</i></p> <p>B- PANCAKES SAUSAGE APPLE JUICE L- SPAGHETTI W/ MEAT SAUCE SLICED CARROTS & PEAS WHOLE WHEAT BREAD DICED APRICOTS S- WHOLE WHEAT CRACKES & CHEESE</p>	<p><i>18</i></p> <p>B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRESH ORANGE S- DICED CUCUMBERS & HUMMUS</p>	<p><i>19</i></p> <p>CORN MUFFIN APPLE SAUCE L- CHICKEN NUGGETS FRENCH FRIES WHOLE WHEAT BREAD BROCCOLI FLORETS TROPICAL FRUIT S- TEDDY GRAHAM & MILK</p>	<p><i>20</i></p> <p>B- WHOLE GRAIN BAGEL LITE CREAM CHEESE PINEAPPLE JUICE L- BLACK BEANS RICE GREEN BEANS WHOLE WHEAT BREAD MANDARIN ORANGE S- YOGURT & BERRIES</p>	<p><i>21</i></p> <p>B- CHEERIOS CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- TRAIL MIX & MILK</p>
<p><i>24</i></p> <p>B- SCRAMBLED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- MAC & CHEESE BROCCOLI FLORETS & KERNEL CORN WHOLE WHEAT BREAD DICED PEARS S- YOGURT & BERRIES</p>	<p><i>25</i></p> <p>B- CORN MUFFIN APPLE SAUCE L- CHICKEN & RICE SOUP EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD TROPICAL FRUIT S- ANIMAL CRACKERS & MILK</p>	<p><i>26</i></p> <p>B- OATMEAL & RAISINS GRAPE JUICE L- GRILLED CHEESE SANDWICH ON WHOLE WHEAT BREAD TOMATO SOUP DICED CARROTS FRESH ORANGE S- PITA BREAD & HUMMUS</p>	<p><i>27</i></p> <p>B-WAFFLES PINEAPPLE JUICE L- CHICKEN FAJITA WHOLE WHEAT WRAP KERNEL CORN DICED TOMATO SHREDDED CHEESE MIXED BERRIES S- TRAIL MIX & MILK</p>	<p><i>28</i></p> <p>B- RICE CRISPY CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- WHOLE WHEAT CRACKES & CHEESE</p>
<p><i>31</i></p> <p>B- CORN MUFFIN APPLE SAUCE L-BAKED CHICKEN SWEET MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRUIT MIX S- WHOLE WHEAT BREAD & DICED CHEESE</p>				

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the USDA Child and Adult Care Food Program
Head Start children ages 3-5 years are served 1% or nonfat milk and water with meals
E.H.S. children ages 0-2 years are served whole milk with meals
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.

MENU SUBJECT TO CHANGE WITHOUT NOTICE