

OCTOBER

HEAD START-Robert C. Grant Center 2022

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
3 Whole Grain Pancakes Turkey Sausage Whole Grain Popcorn Chicken Baked French Fries Clementine Vegetable Serving	4 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	5 Head Start Closed	6 Whole Grain Cornflakes Banana Chicken & Cheese Soft Whole Grain Taco Steamed Rice Corn Fruit Serving	7 Fresh Fruit Cup Whole Grain Cranberry Bread Cheeseburger Whole Grain Bun Hash Brown Fresh Apple Vegetable Serving
10 Scrambled Egg & Cheese Whole Grain Wrap Clementine Whole Grain Bagel w/Cream Cheese Yogurt Blueberries Vegetable Serving	11 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	12 Fruit Smoothie Whole Grain Biscuit Whole Grain Boneless Chicken Bites Yellow Acorn Squash Corn Fruit Serving	13 Whole Grain Cheerios Orange Slices Whole Grain Mac & Cheese Turkey Sausage Orange Slices Vegetable Serving	14 Fresh Fruit Whole Grain Banana Bread Whole Grain Chicken Tenders Sweet Potato Tots Apple Slices Vegetable Serving
17 Whole Grain Pancakes Turkey Sausage Grilled Cheese Whole Wheat Bread Hash Brown Apple Slices Vegetable Serving	18 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	19 Yogurt Whole Grain Granola Whole Grain Penne in Pink Sauce All Beef Meatballs Steamed Green Beans Fruit Serving	20 Whole Grain Cornflakes Banana Whole Grain Dino Tenders Steamed Rice Corn Fruit Serving	21 Fresh Fruit Cup Whole Grain Cranberry Bread Whole Grain Cheese Ravioli in Butter Sauce Turkey Sausage Clementine Vegetable Serving
24 Scrambled Egg & Cheese Whole Grain Wrap Clementine Hamburger Whole Grain Bun Hash Brown Clementine Vegetable Serving	25 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	26 Fruit Smoothie Whole Grain Biscuit Whole Grain Mac & Cheese Turkey Sausage Baked Cinnamon Apples Vegetable Serving	27 Whole Grain Cheerios Orange Slices Whole Grain Buttered Noodles All Beef Meatballs Steamed Carrots Fruit Serving	28 Fresh Fruit Whole Grain Banana Bread Grilled Cheese Whole Wheat Bread Hash Brown Orange Slices Vegetable Serving
31 Whole Grain Pancakes Turkey Sausage Whole Grain Chicken Tenders Orange Rice Orange Slices Vegetable Serving	<div style="border: 1px solid black; padding: 10px;"> <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 and water with meals HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc. MENU SUBJECT TO CHANGE WITHOUT NOTICE SIMPLY GOURMET LLC</p> </div>			