


NOVEMBER 2022

HAPPY THANKSGIVING

DOVER HEAD START/ EARLY HEAD START MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><i>01</i></p> <p>B- WHOLE GRAIN BAGEL LITE CREAM CHEESE CRANBERRY JUICE L- BEEF STEW MIXED VEGETABLES, RICE WHOLE WHEAT BREAD DICED PEACHES S- TEDDY GRAHAM CRACKERS & MILK</p>	<p><i>02</i></p> <p>B- WHOLE GRAIN FRENCH TOAST APPLE JUICE L- CHICKEN PATTY W/ CHEESE WHOLE WHEAT BUN SLICED CARROTS DICED MANGO M- DRIED FRUIT, CEREAL & MILK</p>	<p><i>03</i></p> <p>B- WHOLE GRAIN OATMEAL & RAISINS GRAPE JUICE L- CHICKEN & RICE SOUP EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD TROPICAL FRUIT S- YOGURT W/ DICED PEACHES</p>	<p><i>04</i></p> <p>B- CORN FLAKES CEREAL BANANA L- WHOLE GRAIN CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p>
<p><i>07</i></p> <p>B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- PINTO BEANS RICE GREEN BEANS FRESH ORANGE M- PITA BREAD & HUMMUS</p>	<p><i>08</i></p> <p><u>IN SERVICE</u> <u>SCHOOL</u> <u>CLOSED FOR</u> <u>STUDENTS</u></p>	<p><i>09</i></p> <p>B - WHOLE GRAIN PANCAKES SAUSAGE PINEAPPLE JUICE L- BAKED CHICKEN MASHED SWEET POTATO WHOLE WHEAT BREAD DICED PEAR S- TEDDY GRAHAM CRACKERS & MILK</p>	<p><i>10</i></p> <p><u>SCHOOL</u> <u>CLOSED</u></p>	<p><i>11</i></p> <p><u>SCHOOL</u> <u>CLOSED</u></p>
<p><i>14</i></p> <p>B- WHOLE GRAIN OATMEAL & RAISINS GRAPE JUICE L- CHICKEN FAJITA WHOLE WHEAT WRAP KERNEL CORN SHREDDED CHEESE MANDARIN ORANGE <u>EARLY DISMISSAL</u> <u>PARENT-TEACHER</u> <u>CONFERENCE</u></p>	<p><i>15</i></p> <p>B- CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- LENTILS RICE GREEN BEANS DICED PEACHES <u>EARLY DISMISSAL</u> <u>PARENT-TEACHER</u> <u>CONFERENCE</u></p>	<p><i>16</i></p> <p>CORN MUFFIN APPLE SAUCE L- HAMBURGER W/ CHEESE WHOLE WHEAT BUN BAKED POTATOES FRESH STRAWBERRIES S- ANIMAL CRACKERS & MILK <u>HEAD START-EARLY</u> <u>DISMISSAL</u> <u>PARENT-TEACHER</u> <u>CONFERENCE</u></p>	<p><i>17</i></p> <p>B- WHOLE GRAIN FRENCH TOAST CRANBERRY JUICE L- BREAST TURKEY W/ GRAVY WHOLE WHEAT BREAD SWEET POTATOES TROPICAL FRUIT S- -YOGURT & DICED PEARS <u>HEAD START EARLY</u> <u>DISMISSAL</u> <u>PARENT-TEACHER</u> <u>CONFERENCE</u></p>	<p><i>18</i></p> <p>B- RICE CRISPY CEREAL BANANA L-WHOLE GRAIN CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- TRAIL MIX & MILK</p>
<p><i>21</i></p> <p>B- YOGURT STRAWBERRY SALSA DICED PEACHES BLUEBERRIES GRAHAM CRACKER CRUMBS L-WHOLE GRAIN MACARONI & CHEESE BROCCOLI, KERNEL CORN WHOLE WHEAT BREAD FRESH APPLE S- YOGURT W/ PEACHES</p>	<p><i>22</i></p> <p>B- CORN MUFFIN APPLE SAUCE L- WHOLE GRAIN CHEESE PIZZA W/ EXTRA CHEESE GREEN BEANS PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p>	<p><i>23</i></p> <p>B- CORN FLAKES CEREAL BANANA L- TURKEY SANDWICH WHOLE WHEAT BREAD SLICED CHEESE CARROTS FRUIT MIX <u>EARLY DISMISSAL</u></p>	<p><i>24</i></p> <p><u>SCHOOL</u> <u>CLOSED</u></p>	<p><i>25</i></p> <p><u>SCHOOL</u> <u>CLOSED</u></p>
<p><i>28</i></p> <p>B- WHOLE GRAIN WAFFLES APPLE JUICE L- CHICKEN & RICE SOUP DICED CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD TROPICAL FRUIT S- ANIMAL CRACKERS & MILK</p>	<p><i>29</i></p> <p>B- WHOLE GRAIN OATMEAL & RAISINS GRAPE JUICE L- BLACK BEANS RICE GREEN BEANS DICED APRICOT S- CUCUMBERS & HUMMUS</p>	<p><i>30</i></p> <p>B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- WHOLE GRAIN SPAGHETTI W/ MEAT SAUCE DICED CARROTS & PEAS MANDARIN ORANGE S- YOGURT & DICED PEARS</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