



OCTOBER 2025

All Sites

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 B-Rice Crispy Cereal Banana L-Whole Grain Pasta w/ Tomato Sauce Meatballs Broccoli Apricots S-Whole Wheat Crackers Cheese Slices	2 B-Whole Wheat Waffle Mandarin Oranges L-Taco Salad Black Beans Brown Rice Shredded Cheese Avocado, Lettuce, Tomato Fresh Pineapple S- Whole Wheat Goldfish Milk <i>RCG Site Closed</i>	3 B-Cheerios Cereal Honey Dew Melon L-Whole Wheat Pizza w/Extra Cheese Clementine Cucumber Slices S-Yogurt Fresh Strawberries
6 B-Whole Grain Oatmeal Blueberries L-Grilled Cheese Whole Wheat Bread Tomato Soup Peas Fresh Orange Slices S-Watermelon Yogurt	7 B-Scrambled Eggs Orange Juice Whole Wheat English Muffin L-Lentils Brown Rice Corn Applesauce S-Hummus Whole Wheat Pita Bread	8 B-Rice Crispy Cereal Banana L- Whole Grain Pasta w/ Tomato Sauce Ground Beef Broccoli Apricots S-Whole Wheat Crackers Cheese Slices	9 B-Whole Wheat Bagel Mandarin Oranges L-Brown Rice w/ Diced Chicken Kiwi Green Beans S- Whole Wheat Goldfish Milk	10 B-Cheerios Cereal Diced Peaches L-Whole Wheat Pizza w/Extra Cheese Fresh Pineapple Cucumber Slices S-Yogurt Fresh Strawberries
13 B-Life Cereal Mixed Fruit L-Turkey and Cheese Sandwich Whole Wheat Bread Clementine Peas <i>Dover Site Closed</i>	14 B-Scrambled Eggs Orange Juice Whole Grain French Toast Sticks L-Chicken Nuggets Brown Rice Sliced Carrots Applesauce S-Hummus Whole Wheat Pita Bread	15 B-Corn Chex Cereal Banana L-Whole Grain Pasta w/ Tomato Sauce Ground Beef Broccoli Apricots S- Whole Wheat Crackers Cheese Slices	16 B-Whole Wheat Bagel Mandarin Oranges L-Taco Salad Black Beans Brown Rice Shredded Cheese Avocado, Lettuce, Tomato S- Whole Wheat Goldfish Milk	17 B-Cheerios Cereal Honey Dew Melon L-Whole Wheat Pizza w/Extra Cheese Fresh Pineapple Cucumber Slices S-Yogurt Fresh Strawberries
20 B-Whole Grain Oatmeal Blueberries L-Whole Grain Chicken Quesadilla Sliced Carrots Fresh Orange Slices S-Watermelon Yogurt	21 B-Scrambled Eggs Grape Juice Whole Wheat English Muffin L-Lentils Brown Rice Corn Applesauce S-Hummus Whole Wheat Pita Bread	22 B-Corn Chex Cereal Banana L-Whole Grain Pasta w/ Tomato Sauce Meatballs Broccoli Apricots S- Whole Wheat Crackers Cheese Slices	23 B-Yogurt Mandarin Oranges Whole Wheat Graham Crackers L-Brown Rice w/ Diced Chicken Kiwi Green Beans S- Whole Wheat Goldfish Milk	24 B-Cheerios Cereal Blackberries L-Whole Wheat Pizza w/Extra Cheese Fresh Pineapple Mixed Green Salad S-Yogurt Fresh Strawberries
27 B-Whole Grain Oatmeal Blueberries L-Macaroni and Cheese Whole Grain Pasta Green Beans Fresh Orange Slices S-Watermelon Yogurt	28 B-Scrambled Eggs Grape Juice Whole Grain French Toast Sticks L-Chicken Nuggets Whole Grain Biscuit Mashed Potatoes Applesauce S-Hummus Whole Wheat Pita Bread	29 B-Rice Crispy Cereal Banana L-Whole Grain Pasta w/ Tomato Sauce Ground Beef Broccoli Apricots S- Whole Wheat Crackers Cheese Slices	30 B-Whole Wheat Waffle Mandarin Oranges L-Taco Salad Black Beans Brown Rice Shredded Cheese Avocado, Lettuce, Tomato Fresh Pineapple S- Whole Wheat Goldfish Milk	31 B-Cheerios Cereal Blackberries L-Whole Wheat Pizza w/Extra Cheese Clementine Mixed Green Salad S-Yogurt Fresh Strawberries

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the USDA Child and Adult Care Food Program
Head Start children ages 2-5 years are served 1% or nonfat milk and water with meals
E.H.S. children ages 0-23 months are served whole milk with meals
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
MENU SUBJECT TO CHANGE WITHOUT NOTICE