

SEATTLE PUBLIC SCHOOLS ****OCTOBER, 2008 HEAD START MENU****

F.Y.I.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Head Start Menu Notes: - Assorted Cold Cereal will include Cheerios, Kix (regular), and Rice Krispies. - Breakfast fruit will include a variety of canned fruits (peaches, pears, applesauce, pineapple or mixed fruit) and seasonal fruit (apples, pears, kiwi, grapes, & bananas). - Juice will include a variety of 100% Fruit Juice (Apple, Orange or Grape). - Yogurt is gluten and gelatin free product. - Water to be provided by Head Start classroom staff.</p>		<p>Mini Bagels w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Mini Pancakes, Scrambled Eggs, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk</p>
		<p>1 Bean Soft Taco w/ w/o Cheddar Cheese, Shredded Lettuce & Chunky Salsa Local Carrot Coins Petite Banana Milk Snack: Scooby Snacks & Milk</p>	<p>2 Whole Grain Turkey Corndog w/ w/o Mustard Garden Salad w/ Ranch Dressing Sliced Washington Apples, Milk Snack: Cheddar Cheese Square, Saltine Crackers & Water</p>	<p>3 Mini Whole Wheat Sub w/ Turkey, Turkey Ham, Am. Cheese & Lettuce Creamy Coleslaw Chilled Peaches Milk Snack: Royal Brownie & Milk</p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Egg & Cheese Muffin, ½ Slice 100% Whole Wheat Toast, Chilled Peaches & Milk</p>	<p>Belgian Waffle Sticks, Beef Sausage, ½ Slice 100% Wheat Toast, Chilled Fruit & Milk</p>	<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	
<p>6 Chicken Drumsticks Oven Baked Potatoes Garden Salad w/ Ranch Dressing Milk Snack: Seedless Grapes, Graham Crackers & Water</p>	<p>7 Beef Teriyaki Dippers w/ Steamed Brown Rice Garden Salad w/ Ranch Dressing Local Bartlett Pear Wedges, Milk Snack: Cinnamon Bug Bites & Milk</p>	<p>8 Whole Grain Cheese Pizza Broccoli Florets w/ Ranch Dip Local Purple Plum Milk Snack: Goldfish Crackers & 4 oz. Fruit Juice</p>	<p>9 Spaghetti w/ Meat Sauce Garden Salad w/ Ranch Dressing Local Applesauce Milk Snack: Kix Cereal & Milk</p>	<p>10 Seattle Public Schools closed</p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Grilled French Toast Sticks, ½ Slice 100% Whole Wheat Toast, Chilled Fruit & Milk</p>	<p>Scrambled Eggs, Turkey Ham, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Lowfat Yogurt, Banana Bread ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Pancake on a Stick, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>
<p>13 100% Beef Hamburger on Multigrain Bun Local Baby Carrots Local Gala Apple Wedges Milk Snack: Goldfish Pretzels & 4 oz. Juice</p>	<p>14 Whole Grain Toasted Cheese Sandwich Local Cucumber Coins Kool Kiwi Fruit Milk Snack: Cinnamon Elf Grahams & Milk</p>	<p>15 French Bread Cheese Pizza Garden Salad w/ Ranch Dressing Local Baby Carrots Milk Snack: Petite Banana, Graham Crackers & Water</p>	<p>16 Pita Pocket w/ Roast Turkey Salad Sugar Snap Peas Seedless Grapes Milk Snack: Banana Bread & Milk</p>	<p>17 Ravioli w/ Meat Sauce Garden Salad w/ Ranch Dressing Chilled Local Pears Whole Wheat Dinner Roll Milk Snack: 4 oz. Lowfat Yogurt, Graham Crackers & Water</p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Egg & Cheese Breakfast Burrito, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Mini Bagels w/ Cream Cheese, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Juice & Milk</p>	<p>Mini Pancakes, Scrambled Eggs, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Juice & Milk</p>
<p>20 Cheese Quesadilla w/ Chunky Salsa Local Baby Carrots Kool Kiwi Fruit Milk Snack: Animal Crackers & Milk</p>	<p>21 Breaded Fish Burger on Multigrain Bun Garden Salad w/ Ranch Dressing Local Bartlett Pear Wedges Milk Snack: Cheerios & Milk</p>	<p>22 Nachos w/ w/o Seasoned Beef & Beans, Cheese Local Baby Carrots Petite Banana, Milk Snack: Cheddar Cheese Square, Saltine Crackers & Water</p>	<p>23 Chicken Teriyaki Bites w/ Fried Brown Rice Chilled Green Peas Sliced Washington Apples Milk Snack: Cinnamon Grahams & Milk</p>	<p>24 Homemade Macaroni & Cheese Local Baby Carrots Chilled Peaches Milk Snack: Applesauce Square & Milk</p>
<p>Assorted Cold Cereal, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Egg & Cheese Muffin, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Fruit Juice & Milk</p>	<p>Belgian Waffle Sticks, Beef Sausage, ½ Slice 100% Wheat Toast, Chilled Fruit & Milk</p>	<p>Small Cinnamon Roll (no icing), ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Juice & Milk</p>	<p>Cheddar Cheese Omelet, ½ Slice 100% Whole Wheat Toast, Fruit <u>or</u> 100% Juice & Milk</p>
<p>27 Chicken Drumsticks Oven Baked Potatoes Local Baby Carrots Orange Wedges Milk Snack: Cinnamon Elf Grahams & Milk</p>	<p>28 Bean & Cheese Burrito w/ Chunky Salsa Garden Salad w/ Ranch Dressing Cucumber Coins Milk Snack: WA Granny Smith Apple Wedges, Graham Crackers, Water</p>	<p>29 Chicken & Cheddar Ranch Wrap w/ Shredded Cabbage & Lettuce Local Baby Carrots Petite Banana Milk Snack: Scooby Snacks & Milk</p>	<p>30 Beef Gyros w/ Tzatziki Sauce Marinated Greek Salad Seedless Grapes Milk Snack: Whole Grain Bagel w/ Cream Cheese & 4 oz. Juice</p>	<p>31 Vegetarian Chili w/ Tortilla Chips Local Baby Carrots Chilled Mixed Fruit Saltine Crackers, Milk Snack: Spooky Spice Bar & Milk</p>