

October 2024 Head Start Menu - Biron Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day sessions serve breakfast, lunch & snack.</p> <p style="color: red;">Milk is served with meals and snacks, occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day.</p>	<p>1 Scrambled Eggs, WG Toast, Strawberries</p> <p>WG Chicken Nuggets, Rice Pilaf, WG Roll, Peas, Mandarin Oranges</p> <p>Yogurt, Berries, WG Granola</p>	<p>2 WG French Toast Stick, Banana</p> <p>Lentil Beef BBQ on a WG Bun, Cheese Cubes, Potato Smiles, Pineapple</p> <p>Trail Mix and Apple Slices</p>	<p>3 WG Cheerios Cereal, Applesauce</p> <p>Taco Soup (Taco Meat, Tomatoes, Corn, Black Beans), WG Tortilla Chips, Salsa, Shredded Cheese, Grapes</p> <p>Pretzels, WG Goldfish Crackers</p>	<p>4 WG Banana Muffin Bars, Blueberries</p> <p>Cheese Omelet, Hash Brown Patties, WG Toast, Fruit Salad</p> <p>WG Animal Crackers, 100% Juice</p>
<p>7</p>  <p style="color: red;">Center Closed</p>	<p>8 Special K Cereal, Strawberries</p> <p>HM Pizza Quesadilla on WG Tortilla, Cottage Cheese, Seasoned Zucchini, Mango</p> <p>WG French Toast Snack Bread</p>	<p>9 WG Pancakes, Banana</p> <p>Chicken Strips, Scalloped Potatoes, WG Roll, Peas, Applesauce</p> <p>Celery with Peanut Butter</p>	<p>10 WG Bagels, Apple Slices</p> <p>Lentil Taco Meat, WG Softshell, Cheese, Salsa, Lettuce, Black Beans, Pears</p> <p>String Cheese, WG Chex Mix</p>	<p>11 WG Cheerios Cereal, Blueberries</p> <p>Sweet & Sour Meatballs Long Grain & Wild Rice, Stir Fry Veggies, Mandarin Oranges</p> <p>WG Goldfish, 100% Juice</p>
<p>14 WG Kix Cereal, Apple Slices</p> <p>Chicken Alfredo, Pasta, WG Roll, Peas, Fruit Cocktail</p> <p>WG Animal Crackers</p> <p style="color: red;">No Preschool/4K</p>	<p>15 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Bean & Cheese Burrito on WG Tortilla, Spanish Rice, Corn, Oranges</p> <p>Cheese Cubes, WG Goldfish Crackers</p>	<p>16 WG Toast, Jelly, Scrambled Eggs, Banana</p> <p>Chicken Fajitas: Chicken Strips with Bell Pepper Strips, WG Softshells, Cheese, Salsa, Lettuce, Pineapple</p> <p>Yogurt, Blueberries</p>	<p>17 WG French Toast Sticks, Fruit Salsa</p> <p>Hot Turkey & Cheese on a Pretzel Bun, Sweet Potato Fries, Carrots & Dip, Grapes</p> <p>WG Crackers, Cheese Slices</p>	<p>18 WG Muffin, Applesauce</p> <p>HM Meat Pizza/Cheese Pizza, Cottage Cheese, Cucumber & Dip, Strawberries</p> <p>WG Blueberry Bread, 100% Juice</p>
<p>21 WG Waffle Sticks, Apple Slices</p> <p>Spaghetti & Meatballs with Sauce, Garlic Bread, Green Beans, Oranges</p> <p>WG Banana Bread</p> <p style="color: red;">No Preschool/4K</p>	<p>22 WG Life Cereal, Peaches</p> <p>Shredded Chicken on Hawaiian Roll, Cheese Slices, Roasted Carrots, Kiwi</p> <p>WG Peanut Butter and Jelly Sandwich</p>	<p>23 WG Bagel, Cream Cheese, Banana</p> <p>HM Grilled Ham & Cheese on WG Bread, Tomato Soup, Carrots & Dip, Grapes</p> <p>Cheese and WG Crackers</p>	<p>24 Breakfast Pizza, (Crust, Scrambled Eggs, Spinach, Ham, Cheese), Blueberries</p> <p>Hamburger on WG Bun, Cheese Slices, Potato Smiles, Watermelon</p> <p>WG Muffin</p>	<p>25 WG French Toast Sticks, Strawberries</p> <p>Creamy Ham & Potato Soup, Cottage Cheese, WG Roll, Roasted Brussel Sprouts (w/ Craisins), Cantaloupe</p> <p>WG Rice Cake, 100% Juice</p>
<p>28 WG Toast, Scrambled Eggs, Oranges</p> <p>Pork Roast with Gravy, WG Roll, Butternut Squash, Grapes</p> <p>String Cheese, Pretzels</p> <p style="color: red;">Preschool in Session</p>	<p>29 WG Cheerios, Pears</p> <p>WG Fish Sticks, Potato Salad, Cheesy Breadstick, Corn, Pineapple</p> <p>Yogurt, Berries, WG Granola</p>	<p>30 Cinnamon Toast, Peaches</p> <p>HM Macaroni & Cheese, Diced Turkey, WG Roll, Cooked Beets, Honeydew</p> <p>WG Graham Snacks and Apple Slices</p>	<p>31 WG Kix Cereal, Banana</p> <p>Orange Chicken, WG Fried Rice, Roasted Broccoli, Mandarin Oranges</p> <p>WG Sunchips, 100% Juice</p>	<p>WG = whole grain HM = homemade</p> <p>** Infants and Toddlers (I/T) will be fed "on demand according to their own feeding pattern and what is developmentally right for each child. Infants that are developmentally ready are provided with infant cereal by itself or w/ fruit &/or vegetables as well as some of the menu items. Peanut butter is NOT fed to infants under 1 year according to Wisconsin State Licensing.</p>