

October 2024 Head Start Menu - West Centers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day sessions serve breakfast, lunch & snack.</p> <p>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 WG Cheerios Cereal, Strawberries</p> <p>WG Chicken Nuggets, Rice Pilaf, WG Roll, Peas, Mandarin Oranges</p> <p>WG Animal Crackers, 100% Juice</p>	<p>2 WG Apple Cinnamon Muffin Bars, Bananas</p> <p>Beef BBQ on a WG Bun, Cheese Cubes, Potato Smiles, Pineapple</p> <p>Trail Mix and Apple Slices</p>	<p>3 Scrambled Eggs, WG Toast, Applesauce</p> <p>HM Grilled Ham & Cheese on WG Bread, Tomato Soup, Cucumbers & Dip, Grapes</p> <p>Yogurt, Berries, WG Granola</p>	<p>4 WG French Toast Stick, Blueberries</p> <p>Cheese Omelet, Hashbrown Potatoes, WG Toast, Fruit Salad</p> <p>Pretzels and WG Goldfish</p>
<p>7</p>  <p style="color: red;">Center Closed</p>	<p>8 WG Toasted Bagels, Apple Slices</p> <p>HM Pizza Quesadilla, Cottage Cheese, Seasoned Zucchini, Pineapple</p> <p>WG French Toast Snack Bread, 100% Juice</p>	<p>9 WG Pancakes, Bananas</p> <p>Chicken Strips, Scalloped Potatoes, WG Roll, Peas, Applesauce</p> <p>Celery with Peanut Butter</p>	<p>10 Special K Cereal, Strawberries</p> <p>Lentil Taco Meat, WG Softshell, Cheese, Salsa, Lettuce, Red Pepper Strips, Pears</p> <p>Cheese Cubes, WG Goldfish Crackers</p>	<p>11 WG Cheerios Cereal, Blueberries</p> <p>Sweet & Sour Meatballs with WG Bun, Mashed Potatoes, Mandarin Oranges</p> <p>String Cheese, Pretzels</p>
<p>14 WG Honey Bunches of Oats Cereal, Apple Slices</p> <p>Chicken Alfredo Pasta, WG Roll, Peas, Pears</p> <p>WG Animal Crackers</p> <p style="color: red;">No Preschool/4K</p>	<p>15 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>Shredded Chicken on Hawaiian Roll, Cheese Slices, Cherry Tomatoes/Cucs with dip, Kiwi</p> <p>WG Goldfish, 100% Juice</p>	<p>16 WG Toast with Peanut Butter, Bananas</p> <p>Chicken Fajitas: Chicken Strips, WG Softshells, Cheese, Salsa, Lettuce, Orange/Yellow Pepper Strips & Dip, Oranges</p> <p>Yogurt, Blueberries</p>	<p>17 WG French Toast Sticks, Fruit Salsa</p> <p>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, Lettuce Salad, Oranges</p> <p>WG Trail Mix</p>
<p>21 WG Waffle Sticks, Apple Slices</p> <p>Spaghetti & Meatballs with Sauce, WG Garlic Bread, Green Beans, Mandarin Oranges</p> <p>WG Banana Bread</p> <p style="color: red;">No Preschool/4K</p>	<p>22 Cinnamon Toast, Peaches</p> <p>Bean & Cheese Burrito, Spanish Brown Rice, Corn, Pineapple</p> <p>WG Peanut Butter and Jelly Sandwich</p>	<p>23 Breakfast Pizza, (WG Crust, Scrambled Eggs, Spinach, Ham, Cheese), Blueberries</p> <p>Taco Soup (Taco Meat, Noodles, Tomatoes, Corn, Black Beans), WG Tortilla Chips, Salsa, Shredded Cheese, Grapes</p> <p>Cheese and WG Crackers</p>	<p>24 WG Life Cereal, Banana</p> <p>Hamburger on WG Bun, Cheese Slices, Potato Smiles, Pears</p> <p>WG HM Banana Zucchini Muffins</p>	<p>25 WG Bagel, Cream Cheese, Kiwi</p> <p>Creamy Ham & Potato Soup, Cottage Cheese, WG Roll, Sauteed Brussel Sprouts (w/ Craisins and feta cheese), Cantaloupe</p> <p>Rice Cake, Peanut Butter</p>
<p>28 WG Toast, Scrambled Eggs, Oranges</p> <p>Pork Roast, WG Roll, Butternut Squash, Gravy, 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 Kix Cereal, Peaches</p> <p>Macaroni & Cheese, Diced Turkey, WG Roll, Cooked Beets, Orange Slices</p> <p>WG Graham Snacks and Apple Slices</p>	<p>31 WG Toast, Jelly, Scrambled Eggs</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>