

October 2025 Head Start Menu - Biron/West

Monday	Tuesday	Wednesday	Thursday	Friday
All-day session children receive breakfast, lunch and snack. 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% milk is served to 2-5 year olds. Water is available throughout the day. WG = whole grain HM = homemade ** Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns 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.				
6  Center Closed	7 Special K Cereal, Strawberries HM Hot Turkey & Cheese Rollup on WG Tortilla, WG Cheesy Breadstick, Carrots & Dip, Pears Trail Mix with WG Goldfish Crackers	1 Scrambled Eggs, WG Toast, Banana HM Beef Noodle Soup, Crackers, Cheese Cubes, Green Beans, Pears Yogurt, Blueberries, WG Granola	2 WG Pumpkin Bread, Applesauce HM Meat/Cheese Pizza on Thin Crust, Cottage Cheese, Carrots & Dip, Peaches WG Soft Pretzel & Cheese Sauce	3 WG Waffle Sticks, Blueberries Bean & Cheese Burrito on WG Tortilla, Spanish Rice, Corn, Tropical Fruit Salad Rice Cakes, 100% Juice I/T Only
13 Cinnamon Toast, Strawberries BBQ Beef, WG Roll, Cheese Slices, French Fries, Pickles, Peaches WG Graham Crackers I/T Only	14 WG Kix Cereal, Blueberries Chicken Strips, Rice Pilaf, Cooked Broccoli, Apple Slices WG Muffin	8 WG Pancakes, Fruit Salsa Scalloped Potatoes, Ham, Cheese Cube, Mini Naan, Cooked Broccoli, Apple Slices WG Graham Crackers with Peanut/Seed Butter	9 Breakfast Croissant Sandwich with Egg & Cheese, Banana Meatloaf with Gravy, WG Brown Rice, Mixed Vegetables, Orange Slices WG Animal Crackers	10 HM WG Blueberry Muffin Bars, Applesauce HM Baked Chicken Parmesan, String Cheese, WG Breadstick, Cucumbers & Dip, Pineapple WG Cheez-It, 100% Juice
20 WG Toast, Scrambled Eggs, Strawberries HM Creamy Ham & Potato Soup, Cheese Slices, Crackers, Broccoli, Peaches WG Sun Chips I/T Only	21 WG Blueberry Bread, Applesauce Meatballs with Gravy, Mashed Potatoes, Green Beans, WG Roll, Peaches String Cheese & Hard Boiled Egg	15 WG English Muffin Toast with Peanut/Seed Butter & Jelly, Banana Lentil Taco Meat, WG Tortilla, Cheese, Salsa, Sour Cream, Corn, Lettuce, Fruit Cocktail Ritz Crackers & Cheese Slices	16 WG French Toast Sticks, Sausage, Strawberries HM Chicken Cordon Bleu Casserole, Buttered Noodles, Cheese Cube, Peas, Pears WG Tortilla Chips & Salsa	17 Cheese Omelet, Hashbrown Patties, Kiwi HM Meat/Cheese Pizza Quesadilla on WG Tortilla, Sauce, Cottage Cheese, Lettuce Salad, Fruit Salad WG Goldfish Crackers, 100% Juice
27 HM WG Banana Muffin Bars, Blueberries Spaghetti Noodles, Meat Sauce, WG Breadstick, Green Beans, Fruit Salad String Cheese & Pretzels Preschool in Session	21 WG Life Cereal, Pears WG Fish Nuggets, Cheese Cube, Rice Pilaf, Cooked Carrots, Grapes WG Peanut/Seed Butter & Jelly Sandwich	22 WG Toast, Scrambled Eggs, Banana HM Mac & Cheese Sauce, Buttered Noodles, Diced Turkey, Peas, Tropical Fruit WG Graham Crackers	23 WG Biscuits with HM Sausage Gravy & Jelly, Apple Slices Turkey & Cheese Slices on Hawaiian Roll, Pickles, Potato Wedges, Pineapple Yogurt, Peaches, WG Granola	24 WG Waffle Sticks, Fruit Salsa HM Meat/Cheese Pizza on Flatbread, Cottage Cheese, Broccoli & Dip, Mandarin Oranges WG Chex Mix, 100% Juice
28 WG French Toast Bread, Peaches HM Grilled Cheese on WG Bread, Ham Slices, Tomato Soup, Crackers, Seasoned Zucchini, Apple Slices WG Rice Cakes	29 WG Toast, Scrambled Eggs, Banana HM Mac & Cheese Sauce, Buttered Noodles, Diced Turkey, Peas, Tropical Fruit WG Graham Crackers	30 WG Frosted Mini Wheats Cereal, Strawberries Salisbury Beef Steak, Gravy, WG Roll, Mashed Potatoes, Carrots & Dip, Orange Slices WG Banana Bread	31 WG Oatmeal, Apples, Raisins Chicken Nuggets, Rice Pilaf, Green Beans, Peaches WG Veggie Crackers, 100% Juice I/T Only	