

October 2025 Head Start Menu - Marshfield Center

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.		1 Scrambled Eggs, Sausage, Applesauce BBQ on a WG Bun, Cheese Cubes, Potato Smiles, Peaches WG Trail Mix	2 WG Apple Cinnamon Muffin, Bananas HM Grilled Ham & Cheese on WG Bread, Tomato Soup, Cucumbers & Dip, Grapes Pretzels, WG Goldfish Crackers	3 Rice Krispies, Blueberries Cheese Omelet, Hashbrown Patties, WG Toast, Fruit Salad WG Pumpkin Bread
6 WG Pancakes and Applesauce HM Pizza Quesadilla, Cottage Cheese, Tater Tots, Pineapple WG Animal Crackers Y Kids Only	7 Special K Cereal, Apple Slices Popcorn Chicken, Potato Smiles, Corn, Mango WG Muffin, 100% Juice	8 WG Toasted Bagels, Cream Cheese, Bananas Pulled Chicken in Gravy, Buttered Noodles, WG Roll, Peas, Fruit Cocktail WG Graham Crackers with Peanut Butter	9 Yogurt, WG Toast, Mixed Berries Taco Meat, WG Softshell, Cheese, Salsa, Lettuce, Red Pepper Strips, Pears Cheese Cubes, WG Goldfish Crackers	10 WG Cheerios Cereal, Fresh Blueberries Sweet & Sour Meatballs with WG Bun, Mashed Potatoes, Mandarin Oranges String Cheese, Pretzels
13 WG Kix Cereal, Applesauce Chicken Alfredo Pasta, WG Roll, Roasted Butternut Squash Cubes, Pears WG Banana Bread No Preschool/4K	14 WG Toast with Peanut Butter, Strawberries Chicken Fajitas: Chicken Strips, WG Softshells, Cheese, Salsa, Lettuce, Mixed Pepper Strips & Dip, Clementines WG Crackers, Cheese Slices	15 WG Frosted Mini Wheats Cereal, Bananas Turkey & Cheese on Pretzel Bun, Sweet Potato Fries, Carrots & Dip, Grapes WG Goldfish, 100% Juice	16 WG French Toast Sticks, Fruit Salsa Bean & Cheese Burrito, Spanish Rice, Corn, Pineapple Yogurt, WG Granola	17 WG Blueberry Bread, Apple Slices Creamy Ham & Potato Soup, Cottage Cheese, WG Roll, Cucumber & Dip, Cantaloupe WG Peanut Butter and Jelly Sandwich
20 Cinnamon Toast, Peaches Spaghetti & Meatsauce, WG Garlic Bread, Green Beans, Mandarin Oranges WG Animal Crackers No Preschool/4K	21 WG Life Cereal, Orange Slices Shredded Chicken on Hawaiian Roll, Cheese Slices, Cherry Tomatoes, Cucumbers & Dip, Pears WG Graham Crackers, Peanut Butter	22 WG Waffle Sticks, Apple Slices Beef Roast, WG Roll, Mashed Potatoes, Gravy, Peas, Grapes WG English Muffin, Jelly	23 WG Pumpkin Bread, Blueberries Chili, Noodles, Saltines, Naan Bread, Shredded Cheese, Mango Cheese & WG Crackers	24 WG Toast, Egg Patties, Bananas HM Meat/Cheese Flatbread Pizza, Cottage Cheese, Lettuce Salad, Applesauce Rice Cakes, 100% Juice
27 WG French Toast Bread, Pears Hamburger on WG Bun, Cheese Slices, Pickles, Potato Salad, Tropical Fruit Cheese Cubes, Mixed Fruit Preschool in Session	28 WG Bagel, Cream Cheese, Jelly, Oranges WG Fish Sticks, Potato Smiles, Cheesy Breadstick, Pineapple WG SunChips, 100% Juice	29 WG Kix Cereal, Peaches Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Apple Slices WG Graham Snacks	30 Cheese Omelet, WG Toast, Banana HM WG English Muffin Meat Pizza, Cottage Cheese, Green Beans, Grapes Yogurt, WG Granola	31 Rice Krispies, Fruit Cocktail Meatloaf, WG Roll, Potato Wedges, Cooked Carrots, Apple Sauce WG Chex Mix I/T Only