

October 2020

Adams County Head Start / Nutrition Department Menu

***Our Centers Participate in a USDA Funded Program and is an Equal Opportunity Provider and Employer.**

Mon	Tue	Wed	Thu	Fri
<p>NO Classes</p>			<p>1 Scrambled Eggs Sunshine Tacos, with Whole Grain 6 "Tortilla, Shredded Fancy Jack Cheese, Fresh Homemade Salsa, Fruit Cocktail & 1% White Milk Whole Grain Rolled Edge Cheese Pizza, Fresh Garden Salad, Low Fat Ranch Dressing, Fresh Sliced Red Grapes & 1% White Milk Whole Grain Wheat Thin Crackers with Mozzarella Cheese Sticks</p>	<p>2 Whole Grain Blueberry Muffins Sliced Peaches & 1% White Milk Deli Style Sliced Turkey & Cheese Sandwich on Whole Wheat Hamburger Bun, Fresh Baby Carrots, Ranch Cup, Fresh Granny Smith Apple Wedges & 1% White Milk Whole Grain Graham Crackers with Fresh Whole Oranges</p>
<p>5 NO Classes</p>	<p>6 Whole Grain Kix Cereal, with Sliced Peaches & Pears & 1% White Milk Breakfast Burrito with Scrambled Eggs in a Whole Wheat Tortilla, Hash Browns, Pineapple & 1% White Milk Homemade Whole Grain Trail Mix, 3.5 oz. Non-Fat Strawberry Greek Yogurt Cups</p>	<p>7 Whole Wheat Biscuits with Jam and Sliced Pears & 1% White Milk Swedish Meatballs with Sauce, Whole Wheat Pasta, Par Steamed Carrots with a Beet Salad & 1% White Milk Whole Wheat White Mini Bagels with Strawberry Cream Cheese and Tropical Fruit Cups</p>	<p>8 Chicken Sausage Patty, Pineapple & 1% White Milk Three Bean Chili, Whole Wheat Cornbread, Baked Potato, Spinach Salad with Ranch Dressing & 1% White Milk Snap Peas with Baby Carrots, Ranch Cups, and Whole Grain Cheddar Chex Mix</p>	<p>9 Whole Grain Corn Chex Cereal with Fresh Bananas & 1% White Milk Turkey & Cheddar Roll Up on a Whole Wheat Tortilla, Applesauce, and Seasonal Veggies & 1% White Milk Homemade Whole Wheat Banana Bread with Applesauce Cups</p>
<p>12 Holiday</p>	<p>13 Whole Grain Life Cereal, Sliced Peaches & 1% White Milk Baked Chicken with Macaroni & Cheese, Steamed Peas, with Pineapple & 1 % White Milk Cottage Cheese & Diced Peach Cups</p>	<p>14 English Muffins with Jam, Mangos & 1% White Milk Veggies & Cheese Quiche, Whole Wheat Zucchini Bread, Hash Browns, Cinnamon Apples & 1% White Milk Turkey & Cheese Roll-ups on a Whole Grain 6" Tortilla, with Carrots Sticks and Ranch Cups</p>	<p>15 Whole Wheat Waffles Applesauce & 1% White Milk Chicken & Rice Soup, Whole Wheat Breadstick, Sautéed Summer Squash, Par Steamed Broccoli & 1% White Milk Whole Grain Goldfish Pretzels with Mozzarella Cheese Sticks</p>	<p>16 Scrambled Eggs with Fresh Apples & 1% White Milk Tuna Salad Pita, Par Steamed Carrots, with Seasonal Veggies & 1% White Milk Banana Roll-Ups (Bananas, Wow Butter, Whole Grain 6" Tortilla)</p>
<p>19 NO Classes</p>	<p>20 Whole Grain Cheerios Cereal, Sliced Peaches & 1% White Milk Grilled Cheese Sandwich, Tomato Soup, Pineapple & 1 % White Milk Hard Boiled Egg with Whole Grain Cheddar Cheese Goldfish Crackers</p>	<p>21 Whole Wheat Banana Bread, Applesauce & 1% White Milk Curry Chicken with Whole Grain Brown Rice, Edamame Coleslaw, Vinaigrette, with Mandarin Oranges & 1% White Milk Fresh Cucumber & Tomato Wedges, Ranch Cup & Whole Grain Cheddar Goldfish</p>	<p>22 Mini Bagels with Cream Cheese, Cinnamon Apples & 1% White Milk Refried Bean & Cheese Burrito, Cold Mexican Corn Salad, Grilled Bell Peppers & 1% White Milk Kiwi Wedges with Cheddar Cheese Squares</p>	<p>23 Whole Wheat Pancakes, Pineapple & 1% White Milk Turkey & Provolone Cheese Sandwich on Whole Wheat Bread, Beet Salad, Seasonal Veggies & 1% White Milk Whole Grain Animal Crackers With Whole Oranges</p>
<p>26 NO Classes</p>	<p>27 Whole Grain Rice Krispies Cereal, Fresh Apples & 1% White Milk Chicken Fried Rice, Par Steamed Broccoli with Pineapple & 1% White Milk Whole Grain Graham Crackers with Fresh Whole Oranges</p>	<p>28 Whole Wheat Pumpkin Bread Fresh Oranges & 1% White Milk Beef Goulash with Whole Wheat Pasta, Cucumber Salad, Par Steamed Carrots & 1% White Milk Ant's on a Logs (Fresh Celery Sticks, Wow Butter, Raisins)</p>	<p>29 Hard Boiled Eggs, Sliced Pears & 1% White Milk Cheese Quesadilla, Refried Beans, Sliced Peaches & 1% White Milk Whole Grain Wheat Thin Crackers with Mozzarella Cheese Sticks</p>	<p>30 Whole Wheat Biscuits with Jam, Pineapple & 1% White Milk Chicken Salad Sandwich on Whole Wheat Bread, Par Steamed Cauliflower, Seasonal Veggies & 1% White Milk Fresh Bananas with 3.5 oz. Non-Fat Blueberry Greek Yogurt</p>