

October 2018 Menu
 Head Start
 Gladstone Center for Children and Families



Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast/Snack Pancake, peaches, milk Lunch Hamburger(CN) on a Bun, apple, tomatoes, milk	2 Breakfast/Snack Bagel, cream cheese, mix fruit, milk Lunch Bean Burrito(CN), corn, oranges, milk	3 Breakfast/Snack Fruit Muffin(HM), pears, milk Lunch Marconi and cheese(HM), peas, Peaches, milk	4 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green salad, banana, milk	5
8 Breakfast/Snack Waffle, peaches, milk Lunch Vegetable soup, bread stick, cheese stick, apple, carrots, milk	9 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Chicken Taco Salad(HM) Lettuce, oranges, milk	10 Breakfast/Snack Fruit Muffin(HM), pears, milk Lunch Chicken Nuggets(CN), corn, watermelon, milk	11 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Roll up Lasagna, green beans, banana, milk	12
15 Breakfast/Snack, French Toast, peaches, milk Lunch Sun butter and Jelly Sandwich, apple, carrots, milk	16 Breakfast/Snack Bagel, cream cheese, mix fruit, milk Lunch Bean Burrito(CN), corn, oranges, milk	17 Breakfast/Snack Fruit Muffin(HM) pears, milk Lunch Turkey and Cheese Sandwich, lettuce, peaches, milk	18 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green salad, banana, milk	19
22 Breakfast/Snack Pancake, peaches, milk Lunch Tomato Soup, Toasted Cheese Sandwich(HM), apple, carrots, milk	23 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Beef Taco(HM) Lettuce, oranges, milk	24 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Fish Sticks(CN),corn, peaches, milk	25 Breakfast/Snack Cereal, applesauce, milk Lunch WG Cheese Stick(CN) with Marinara Sauce, banana, milk	26
29 Breakfast/Snack Waffle, peaches, milk Lunch Hamburger(CN) on a Bun, apple, tomatoes, milk	30 Breakfast/Snack Bagel, cream cheese, mix fruit, milk Lunch Beef Nacho(HM) with Chips and Refried Beans, oranges, milk	31 Breakfast/Snack Fruit Muffin(HM), pears, milk Lunch Pancake, egg patty, applesauce, hash brown, milk		

Menu is subject to change

All grain items are Whole Grain Enriched unless otherwise noted

EW=Enriched Wheat

All milk is 1% unflavored milk

HM= House Made meal

Cereal can be one of the following General Mills Cheerios or Rice Chex

All breads are from Franz

or Kellogg's Rice Krispies

Gladstone School District is an equal opportunity provider.