

October 2018 Menu
 Head Start Vegetarian Menu
 Gladstone Center for Children and Families



7Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast/Snack Pancake, peaches, milk Lunch Vegan burger(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 Black Bean Taco Salad(HM) Lettuce, oranges, milk	10 Breakfast/Snack Fruit Muffin(HM), pears, milk Lunch Sun Butter and Jelly Sandwich, 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 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 Black Bean Taco(HM) Lettuce, oranges, milk	24 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Sun Butter and Jelly Sandwich, corn, watermelon, 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 Vegan burger(CN) on a Bun, apple, tomatoes, milk	30 Breakfast/Snack Bagel, cream cheese, mix fruit, milk Lunch Black Bean 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

EW=Enriched Wheat

HM= House Made meal

All breads are from Franz

All grain items are Whole Grain Enriched unless otherwise noted

All milk is 1% unflavored milk

Cereal can be one of the following General Mills Cheerios or Rice Chex or Kellogg's Rice Krispies

Gladstone School District is an equal opportunity provider.