

# October 2024 | Creston Head Start Menu

Monday		Tuesday	Wednesday	Thursday	Friday
Breakfast		1	2	3	4
		Breakfast Bread	Cereal	Blueberry Muffin	No School for Students
		Mozzarella Breadsticks	Bean and Cheese Burrito	Cheese Pizza	
Lunch		Fruit and Crackers	Yogurt and Granola	Cheese and Vegetables	No School for Students
Snack					
Breakfast	7	8	9	10	
	Cinnamon Chex Cereal	Breakfast Bread	Bagel Sticks with Cream Cheese	Cereal	No School Statewide Inservice
Lunch	Teriyaki Chicken with Brown Rice	Chicken Tenders	Philly Cheesesteak Sandwich	Cheese Pizza	
Snack	Yogurt and Granola	Fruit Cup and Crackers	Fruit and Crackers	Fruit Cup and Tortilla Chips	
Breakfast	14	15	16	17	18
	Banana Bread	Cereal	Breakfast Bread	Honey Cheerios Cereal	No School for Students
	Lunch	Pasta with Marinara and Mozzarella	Chicken Tenders	Bean and Cheese Nachos	
Snack	Fruit and Chex Mix	Fruit Cup and Crackers	Yogurt and Granola	Cheese and Vegetables	
Breakfast	21	22	23 Early Release	24	25
	Cinnamon Chex Cereal	Breakfast Bread	Cereal	Bagel Sticks with Cream Cheese	Cinnamon Crumble Bread
	Lunch	Orange Chicken with Brown Rice	Mozzarella Breadsticks	Turkey Ham Sandwich	Cheese Pizza
Snack	Yogurt and Granola	Fruit Cup and Crackers	Fruit and Crackers	Fruit Cup and Tortilla Chips	Vegetables and Chex Mix
Breakfast	28	29	30	31	
	Cinnamon Chex Cereal	Breakfast Bread	Cereal	Breakfast Bread	
	Lunch	Turkey Hot Dog	Chicken Tenders	Bean and Cheese Burrito	Cheese Pizza
Snack	Fruit and Chex Mix	Fruit Cup and Crackers	Yogurt and Granola	Cheese and Vegetables	

 Vegetarian option, may contain cheese &/or egg | Grains are whole grain-rich unless noted with 

Unflavored 1% milk is offered daily with breakfast and lunch. Fruit is offered with breakfast, fruit and vegetables are offered with lunch.

**Menu is subject to change.** This institution is an equal opportunity provider.

Updated: 9/28/24