





October 2024

Head Start of Eastern Orange County Menu

Fruit of the Month:  Apples!

Vegetable of the Month:  Kale & Collards!

Monday	Tuesday	Wednesday	Thursday	Friday
30	01	 Cultural Wednesday 02	03	04
1 B: Cinnamon Oatmeal, Mixed Berries, 1% Milk L: Oven Roasted Turkey, WGR Polenta, Seasoned Mixed Vegetables, Apples , 1% Milk S: DIY Parfait w/ LF Yogurt & Granola	B: WGR Muffin w/ Mixed Fruit, 1% Milk L: Dominican Pollo Guisado (Braised Chicken Stew) (Beans), Brown Rice, Potatoes, Pineapple, 1% Milk S: Carrots & Hummus	B: WGR English Muffins, Peaches, 1% Milk L: Tuna Salad (Veggie Burger) on WGR Bun, Carrots, Tropical Fruit, 1% Milk S: Fruit & Cheese Kabobs (WGR Crackers)	B: WGR French Toast, Bananas, 1% Milk L: Roast Pork (Tofu), Quinoa Pilaf, Chopped Green Salad, Apple Slices , 1% Milk S: Unsalted Pretzels & Sliced Pears	
07	08	 Cultural Wednesday 09	NYS Big Apple Crunch Day! 10	11
2 B: WGR Wheaties Cereal, Pineapple, 1% Milk L: Bean Stew, Brown Rice, Diced Tomato Salad, Strawberries, 1% Milk S: WGR Soft Pretzels & LF Cheese	B: WGR Muffins, Applesauce , 1% Milk L: Turkey Sandwich (LF Cheese Sandwich) on WGR Bread, Kale/Collard Greens , Mixed Fruit, 1% Milk S: WGR Crackers & Peaches	B: WGR Pancakes, Berries, 1 % Milk L: Ethiopian Beef Stew, WGR Pita, Cauliflower, Mangos, 1% Milk S: Ritz Crackers & White Bean Ranch Dip	B: Eggs, Bananas, 1% Milk L: Chicken Parmigiana, WW Spaghetti, Peas & Carrots, Apricots, 1% Milk S: Apples & Sunbutter	B: WGR Bulgur Porridge, Fresh Pears, 1% Milk L: LF Cheese Pizza on WGR Crust, Sautéed Spinach, Orange Wedges, 1% Milk S: WGR Goldfish Crackers & 100% Fruit Juice
14	15	Cultural Wednesday 16	17	18
3 B: WGR Muffins, Mandarin Oranges, 1% Milk L: Lentil Stew, WW Bread, Carrots, Tropical Fruit, 1% Milk S: WGR Crackers, Fresh Pears	B: WGR Pancakes, Unsweetened Applesauce, 1% Milk L: Taco Tuesday! Grilled Chicken (beans), WGR Taco Shell, Shredded Lettuce, Orange Slices, 1% Milk S: Berry Blast Smoothie w/ 1% Milk & Frozen Berries	B: WGR Bran Cereal, Banana, 1% Milk L: Mexican Beef Picadillo (Black Beans), WGR Tortilla, Bell Peppers , Mandarin Oranges, 1% Milk S: Cucumbers & Hummus	B: WGR Mini Bagel w/ LF Cream Cheese, Mixed Fruit, 1% Milk L: Vegetarian Chili w/ Tofu/Beans, Peppers & Onions, WGR Roll, Nectarines, 1% Milk S: LF Cheese & Mixed Fruit	B: LF Yogurt, Fresh Pears, 1% Milk L: Stir Fried Ground Turkey (Crumbled Veggie Burger), Brown Rice, Green Beans, Apples , 1% Milk S: WGR Pretzels & 100% Fruit Juice
21	22	Cultural Wednesday 23	24	25
4 B: WGR Cheerios, Mixed Berries, 1% Milk L: Chickpea Stew, WGR Barley, Carrots, Apples , 1% Milk S: WGR Crackers/ Breadsticks & Guacamole	B: WGR Oatmeal, Tropical Fruit, 1% Milk L: Beef Meatloaf (Veggie Burger), WGR Dinner Roll, Collard Greens/Kale , Mandarin Oranges, 1% Milk S: Rice Cakes & Sunbutter	B: WGR Waffles, Unsweetened Applesauce , 1% Milk L: Korean BBQ Chicken (Tofu), Pineapple Brown Rice, Stir Fried Mixed Vegetables, Fresh Pears, 1% Milk S: WGR Animal Crackers & Fruit Salad	B: WGR Mini Bagel w/ Fruit Preserves, Pineapple, 1% Milk L: WGR Spaghetti & Turkey Meatballs (Crumbled Veggie Burger) in Marinara, Broccoli, Banana, 1% Milk S: LF Cheese & Celery Slivers	B: Eggs, Apples , 1% Milk L: Diced Chicken (Bean) Salad on WGR Pita, Cucumber & Tomato Salad, Peaches, 1% Milk S: WGR Goldfish Crackers & 100% Fruit Juice
28	29	Cultural Wednesday 30	31	
1 B: WGR Kix Cereal, Oranges, 1% Milk L: WGR Mac & Cheese, Broccoli, Mango, 1% Milk S: Avocado Toast	B: Cinnamon Oatmeal, Mixed Berries, 1% Milk L: Oven Roasted Turkey, WGR Polenta, Seasoned Mixed Vegetables, Apples , 1% Milk S: DIY Parfait w/ LF Yogurt & Granola	B: WGR Muffin w/ Mixed Fruit, 1% Milk L: Dominican Pollo Guisado (Braised Chicken Stew) (Beans), Brown Rice, Potatoes, Pineapple, 1% Milk S: Carrots & Hummus	B: WGR English Muffins, Peaches, 1% Milk L: Tuna Salad (Veggie Burger) on WGR Bun, Carrots, Tropical Fruit, 1% Milk S: Fruit & Cheese Kabobs (WGR Crackers)	

LF: Low Fat WW: Whole Wheat WG: Whole Grain *Substitutions are made for those who have allergies, dietary restrictions or religious exemptions
 Sunbutter: sunflower seed butter * Please note: Foods will be served as family style