

Community Action HEAD START Programs October 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fish Sticks/Diced Potatoes Corn Mixed Berries/Cool Whip	2 Turkey & Dressing Gravy Cauliflower Mandarin Oranges	3 Egg Salad Sandwich WG Fruit Cocktail Carrot Sticks
6 Ham Loaf Sweet Potatoes Diced Peaches WG Bread	7 Turkey Burger/Cheese/Bun Seasoned Potato Wedges Spinach Banana	8 BLT/WG Bread Cottage Cheese Creamy Cole Slaw Diced Peaches	9 Chicken Bacon Ranch Pasta Bake Green Beans WG Bread	10 Rotini Pasta Bake/Meat Sauce Corn Diced Pineapple Breadstick
13 Chef's Choice Will include 1 meat, 2 veggies, 1 fruit, 2 grains	14 Chicken Cordon Bleu Pasta Broccoli Mixed Berries/Cool Whip WG Bread	15 Chicken Salad/WG Crackers Carrot Sticks/Sliced Celery Sticks Fruit Cocktail	16 Potato Topped Hamburger Delight Peas Diced Pears WG Bread	17 Chili Mac Cottage Cheese Green Beans Corn Bread Apricots
20 Ravioli/Meat Sauce Italian Blend Veggies Cinnamon Applesauce Breadstick	21 Chicken/Rice Vegetable Stir Fry/Brown Sauce Diced Pineapple	22 Smothered Pork Chops Potato Wedges Lima Beans WG Bread	23 Meatloaf Mashed Potatoes/Gravy Corn Diced Peaches WG Bread	24 Oven Fried Chicken Scalloped Potatoes Peas Fruit Cocktail Bread
27 Baked Tilapia/Mrs. Dash Baked Potato/Butter/Diced Peaches WG Bread	28 Baked Ham Peas Diced Pineapple Bread	29 Sausage Gravy Over Biscuits Scrambled Eggs Hash Browns Orange	30 Beans & Wieners Seasoned Potato Wedges Cottage Cheese Mixed Fruit	31 Chef's Salad/Dressing/WG Crackers/Diced Chicken/ Crumbles/Eggs/Shredded Cheese Diced Pears