

# October 2017

## Cleveland HeadStart

### BREAKFAST



#### School Information:

Fall Break October 18-20

Halloween October 31



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Breakfast Pizza  
Grape Juice  
1% Milk

2

### Tuesday

Strawberry Spooners  
Wheat Toast  
Raisins  
1% Milk

3

### Wednesday

Pancake & Sausage Stick  
Apple Juice  
1% Milk

4

### Thursday

Rice Krispies  
Wheat Toast  
Banana  
1% Milk

5

### Friday

Scrambled Eggs  
Wheat Toast  
Apple Juice  
1% Milk

6

Breakfast Burrito  
Grape Juice  
1% Milk

9

Strawberry Spooners  
Wheat Toast  
Raisins  
1% Milk

10

Biscuit & Gravy  
Hash Brown  
Apple Juice  
1% Milk

11

Rice Krispies  
Wheat Toast  
Banana  
1% Milk

12

Cheese Omelet  
Wheat Toast  
Orange Juice  
1% Milk

13

Rice Krispies  
Wheat Toast  
Banana  
1% Milk

16

Sausage Biscuit  
Apple Juice  
1% Milk

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

Rice Krispies  
Wheat Toast  
Raisins  
1% Milk

23

Biscuit Breakfast  
Sandwich  
( egg , ham, cheese)  
Apple Juice  
1% Milk

24

Strawberry Spooners  
Wheat Toast  
Bananas  
1% Milk

25

French Toast Sticks  
Orange Juice  
1% Milk

26

Rice Krispies  
Wheat Toast  
Grape Juice  
1% Milk

27

Breakfast Pizza  
Grape Juice  
1% Milk

30

Strawberry Spooners  
Wheat Toast  
Raisins  
1% Milk

31

