


## Farrell Area Schools Head Start Breakfast Menu November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>2</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>3</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>4</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>5</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk
	<b>8</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>9</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>10</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>11</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>12</b> <b>WG BLUEBERRY MINI LOAF</b> 7/g sugar per ounce 4oz Orange Juice 1% White Milk
	<b>15</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>16</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>17</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>18</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>19</b> <b>WG BLUEBERRY MINI LOAF</b> 7/g sugar per ounce 4oz Orange Juice 1% White Milk
All Milk is 1% White All bread is whole grain	<b>22</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>23</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	<b>24</b> <b>NO SCHOOL</b> Fall Break	<b>25</b> <b>NO SCHOOL</b> Fall Break	<b>26</b> <b>NO SCHOOL</b> Fall Break
Menu subject to change	<b>29</b> <b>NO SCHOOL</b> Fall Break	<b>30</b> <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	December 1 <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	December 2 <b>WG ASSORTED CEREAL</b> 6/g sugar per ounce 4oz Orange Juice 1% White Milk	December 3 <b>WG BLUEBERRY MINI LOAF</b> 7/g sugar per ounce 4oz Orange Juice 1% White Milk

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

## Farrell Area Schools Head Start Lunch Menu November 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>MEATBALL HOAGIE</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>2</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>3</b> <b>CHICKEN NUGGETS</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	<b>4</b> <b>ROTINI PASTA with MEAT SAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>5</b> <b>FRENCH BREAD PIZZA</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk
	<b>8</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>9</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>10</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>11</b> <b>MACARONI with MEATBALLS</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>12</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices	<b>15</b> <b>CORN DOGS</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>16</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	<b>17</b> <b>CHICKEN TENDERS</b> Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	<b>18</b> <b>ROTINI with MEATSAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>19</b> <b>MEXICAN PIZZA</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk
All Milk is 1% White All bread is whole grain	<b>22</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup 1/2 cup fresh or cupped fruit Low fat milk	<b>23</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>24</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>25</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>26</b> <b>NO SCHOOL</b> <b>Fall Break</b>
Menu subject to change	<b>29</b> <b>NO SCHOOL</b> <b>Fall Break</b>	<b>30</b> <b>SLOPPY JOES</b> on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	<b>December 1</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	<b>December 2</b> <b>PENNE PASTA with MEAT SAUCE</b> Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	<b>December 3</b> <b>MEXICAN PIZZA</b> French Fries 1/2 cup fresh or cupped fruit Low fat milk

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