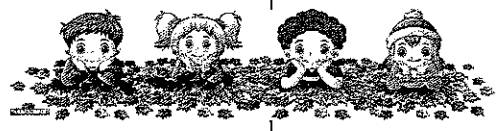
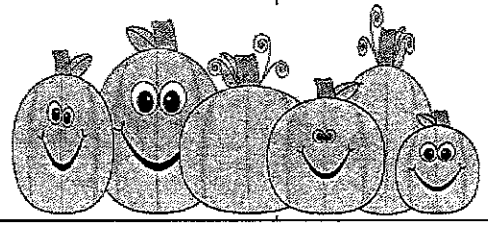
KM CZECH Head Start

We serve MILK at Breakfast and Lunch — **October-22** — We Serve SKIM milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bkfst *Cherries* 3 WG Jungle Crackers *Lunch* *Nacho Bar* *Refreid Beans* Salsa & Saour Cream Mixed Berries *Snack* *Cucumber Slices/Ranch* WG Tricuits	*Bkfst* *Cantaloupe* 4 WG Banana Muffin *Lunch* *Cheese Pizza* *Salad w/Cucumber* Frozen Slushie *Snack* *Bell Peppers/Hummus* WG Brown Rice Cakes	*Bkfst* *Blueberries* 5 WG Pancakes *Lunch* *Popcorn Chicken &* *Waffles* Steamed Carrots Applesauce *Snack* *WW Bread* Hard Boiled Egg	*Bkfst* *Apricots* 6 WG Quacker Life Cereal *Lunch* *Swedish Meatballs* *& Rotini Noodles* Dragon Juice Fresh Orange Slices *Snack* *Tomato Soup* WG Bread Sticks	*Bkfst* *Grapefruit* 7 Malt O Meal *Lunch* *Chicken Patty Sandwich* *Lettuce/Pickles* Tator Tots Chilled Peaches *Snack* *Cauliflower & Broccoli* WG Graham Teddy's
Bkfst *Apples* 10 Kix Cereal *Lunch* *Mac & Cheese* Fresh Broccoli & Dip Chilled Mixed Fruit *Snack* *Celery and Carrots/Ranch* WG Graham Bug Bites	*Bkfst* *Oranges* 11 WG Breakfast Pizza *Lunch* *Turkey and Cheese Sliders* Baked Beans Chilled Pears *Snack* *Green Beans* WW Grilled Cheese Sandwich	*Bkfst* *Honeydew Melon* 12 Ham Egg Cheese Bkfst Bar *Lunch* *Cheeseburger* French Fries Pineapple *Snack* *Pickled Beets* WG English Muffin	*Bkfst* *Prunes* 13 WG Blueberry Muffin *Lunch* *Beef Roast* Mashed Potatoes Cooked Carrots Cresent Roll *Snack* *Tuna Salad* WW Tortilla Wrap	*Bkfst* *Strawberries* 14 WW Bread w/soynut butter/jelly *Lunch* *Chicken Nuggets* Green Beans Chilled Peaches Dinner Roll *Snack* *Butternut Noodles* WG Goldfish Prezel Crackers
Bkfst *Kiwi* 17 WG Cherrios Cereal *Lunch* *Spaghetti w/Meat* Pasta Carrots & Peas Strawberries Garlic Bread *Snack* *Broccoli & Cheese* WG Soft Pretzel Sticks	*Bkfst* *Sweet Potato Puffs* 18 Turkey Slices *Lunch* *French Toast Sticks* w/Syrup & Sausage Patty Hash Browns Orange Juice *Snack* *Green Beans* WG Wild Rice	*Bkfst* *Tropical Fruit* 19 WG Cinnamon Rolls *Lunch* *Hamburger Nachos* w/Queso Salsa/Corn Chilled Pears *Snack* *Sliced Tomato* Cottage Cheese	*Bkfst* *Peaches* 20 WG Waffle *Lunch* *Chicken Noodle Soup* Grilled Cheese Sandwich Chilled Mixed Fruit *Snack* *V8 Juice* Tortilla Chips	*Bkfst* *Mango* 21 WG Oatmeal *Lunch* *Mini Corn Dogs* Steamed Broccoli Fresh Banana *Snack* *Acorn Squash* Cheez Its
Bkfst *Cherries* 24 Yogurt & Honey Bunches of Oats *Lunch* *Warm Soft Pretzel* & Nacho Cheese Fresh Cauliflower Cinnamon Applesauce *Snack* *Baby Carrots/Ranch* WG Brown Rice	*Bkfst* *Pineapple* 25 WG Waffle *Lunch* *Southwest Taco Bar* Fiesta Beans Lettuce/Cheese Salsa/Sour Cream Fresh Pear *Snack* *String Cheese* WG Sunchips- Chedder	*Bkfst* *Scrambled Eggs* 26 *WW Toast* *Lunch* *Turkey w/Gravy* Whipped Potatoes Chilled Peaches Dinner Roll *Snack* *Sliced Tomato* WG Triscuts	*Bkfst* 27 *Lunch* *NO SCHOOL* *Snack*	*Bkfst* 28 *Lunch* *NO SCHOOL* *Snack*
Bkfst *WG Rice Krispies Cereal* 31 Banana *Lunch* *Cheeseburger* French Fries Red Grapes *Snack* *Raisins* WG Pretzel Goldfish Cracker