



**Institute of Community Service**



**October 2024 Menu**

**Hours of Operation:**

**Monday – Friday**

**8:00 a.m. – 3:00 p.m.**

**\*\*MENU SUBJECT TO CHANGE**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Week 1:</b> September 30<sup>th</sup> - October 4<sup>th</sup> 2024</p> 	<p><b><u>Breakfast</u></b> WG Pancakes Peaches 1% low fat Milk</p> <p><b><u>Lunch</u></b> Baked Ham Mashed Potatoes Green Beans WG Roll 1% low fat Milk</p> <p><b><u>Snack</u></b> Graham Cracker Orange Juice</p>	<p><b><u>TACO TUESDAY</u></b></p> <p><b><u>Breakfast</u></b> Oatmeal Strawberries 1% low fat milk</p> <p><b><u>Lunch</u></b> Beef Tacos Mexican Corn Diced Pears WG Tortilla Wrap 1% low fat Milk</p> <p><b><u>Snack</u></b> Cheez- its Cubed Mango (2 packs)</p>	<p><b><u>Breakfast</u></b> Rice Krispies Cereal Orange Wedges 1% low fat Milk</p> <p><b><u>Lunch</u></b> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk</p> <p><b><u>Snack</u></b> Yogurt Crackers</p>	<p><b><u>Breakfast</u></b> Cheese Grits Apricots 1% low fat Milk</p> <p><b><u>Lunch</u></b> Chicken Breast Patty Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk</p> <p><b><u>Snack</u></b> Strawberry Chex Mix Apple Juice</p>	<p><b><u>Breakfast</u></b> WG Toast Banana 1% low fat Milk</p> <p><b><u>Lunch</u></b> Chicken salad Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk</p> <p><b><u>Snack</u></b> Sliced Cucumber w/ Dressing String Cheese</p>
<p><b>Week 2:</b> October 7<sup>th</sup>- 11<sup>th</sup></p> 	<p><b><u>Meatless Monday</u></b></p> <p><b><u>Breakfast</u></b> Oatmeal Sliced Pineapples 1% low fat milk</p> <p><b><u>Lunch</u></b> Grilled Cheese Sandwich Mixed Vegetables Pears 1% low fat Milk</p> <p><b><u>Snack</u></b> Orange Juice Cheez-its</p>	<p><b><u>Breakfast</u></b> Grits Mixed Fruit 1% low fat milk</p> <p><b><u>Lunch</u></b> Chicken Spaghetti Peaches Green Peas WG Bread 1% low fat Milk</p> <p><b><u>Snack</u></b> Strawberry Chex Mix Grape Juice</p>	<p><b><u>Breakfast</u></b> WG French Toast Blueberries 1% low fat milk</p> <p><b><u>Lunch</u></b> Chef Salad Diced Ham Sliced Peaches WG Cracker 1% low fat Milk</p> <p><b><u>Snack</u></b> Mangos Goldfish Cracker</p>	<p><b><u>Breakfast</u></b> WG Cheerios Banana 1% low fat milk</p> <p><b><u>Lunch</u></b> Beef Patty w/ Gravy Brown Rice Green Beans Orange Slices 1% low Fat Milk</p> <p><b><u>Snacks</u></b> Apple Juice Raisin Bread</p>	<p><b><u>Breakfast</u></b> WG Cheese Toast Tropical Fruit 1% low fat milk</p> <p><b><u>Lunch</u></b> Sloppy Joe Cole Slaw Apricot WG Bun 1% low fat milk</p> <p><b><u>Snack</u></b> Graham Cracker Yogurt</p>

**Head Start**

**Early Head Start**

<p><b>Breakfast:</b> <b>Time Served</b> <b>9:00 am- 9:30am</b> ½ cup Vegetables, Fruit, Or Both ½ oz Grains ½ pt. 1% low fat Milk Other Food</p>	<p><b>Lunch:</b> <b>Time Served</b> <b>11:30 am- 12:00 pm</b> 1.5 oz. Meat or Alternate ¼ c. fruit ¼ c. vegetables (2 diff vegetables or 1 vegetable and 1 fruit) ½ oz bread/Grains ½ pt. 1% Fat Free Milk Other Foods</p>	<p><b>Snack:</b> <b>Time Served</b> <b>2:00 pm -2:15 pm</b> (Two of the Five) ½ oz. Meat or Alternate ½ cup of Fruit or Fruit Juice ½ c. Vegetable ½ oz Grains Milk or Dairy</p>	<p><b>Breakfast:</b> <b>Time Served</b> <b>9:00 am- 9:30am</b> ¼ cup Vegetables, Fruit, Or Both ½ oz Grains ½ pt 1% low fat Milk Other Food</p>	<p><b>Lunch:</b> <b>Time Served</b> <b>11:30 am- 12:00 pm</b> 1 oz. Meat or Alternate 1/8 c. fruit 1/8 c. vegetables (2 diff vegetables or 1 vegetable and 1 fruit) ½ oz bread/Grains ½ pt. 1% Fat Free Milk Other Foods</p>	<p><b>Snack: Time Served</b> <b>2:00 pm-2:15 pm</b> (Two of the Five) ½ oz. Meat or Alternate 1/2 c of Fruit or Fruit Juice 1/2 c. Vegetable ½ oz Grains Milk or Dairy</p>
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**October 2024 Menu**

**Hours of Operation:**

**Monday – Friday**

**8:00 a.m. – 3:00 p.m.**

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Week 3:</b> <b>October 14<sup>th</sup>-18<sup>th</sup></b> <b>2024</b></p> 	<p><b><u>Breakfast</u></b> Rice Krispies Cereal Orange Wedges 1% low fat Milk</p> <p><b><u>Lunch</u></b> Grilled Chicken Patty Broccoli Fruit Cocktail WG Bun 1% low fat Milk</p> <p><b><u>Snack</u></b> Yogurt Strawberries</p>	<p><b><u>Breakfast</u></b> Oatmeal Blueberries 1% low fat milk</p> <p><b><u>Lunch</u></b> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk</p> <p><b><u>Snack</u></b> Graham Crackers Apple Juice</p>	<p><b><u>Breakfast</u></b> Cheese Toast Diced Pears 1% low fat Milk</p> <p><b><u>Lunch</u></b> Chicken Salad Sweet Peas Pineapple tidbits WG crackers 1% low fat Milk</p> <p><b><u>Snack</u></b> Cheez-its Orange Juice</p>	<p><b><u>Breakfast</u></b> WG Waffles Banana 1% low fat Milk</p> <p><b><u>Lunch</u></b> Sliced Ham Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk</p> <p><b><u>Snack</u></b> Sliced Turkey on WG Tortilla</p>	<p><b><u>Breakfast</u></b> Grits Peaches 1% low fat Milk</p> <p><b><u>Lunch</u></b> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk</p> <p><b><u>Snack</u></b> Strawberry Chex Mix Apple Juice</p>
<p><b>Week 4:</b> <b>October 21<sup>st</sup>-25<sup>th</sup></b></p> 	<p><b><u>Meatless Monday</u></b></p> <p><b><u>Breakfast</u></b> Oatmeal Pineapples 1% low fat milk</p> <p><b><u>Lunch</u></b> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk</p> <p><b><u>Snack</u></b> Grape Juice Cheez-its</p>	<p><b><u>Breakfast</u></b> WG Biscuit Breakfast Ham Mixed Fruit 1% low fat milk</p> <p><b><u>Lunch</u></b> WG Spaghetti w/ Meat Sauce Green Beans Carrots 1% low fat Milk</p> <p><b><u>Snack</u></b> Chex Mix Orange Juice</p>	<p><b><u>Breakfast</u></b> Grits Sliced Peaches 1% low fat milk</p> <p><b><u>Lunch</u></b> BBQ Pork Patties Collard Greens Sweet Potatoes Corn Bread 1% low fat Milk</p> <p><b><u>Snack</u></b> Mangos Goldfish Cracker</p>	<p><b><u>Breakfast</u></b> WG Cheerios Banana 1% low fat milk</p> <p><b><u>Lunch</u></b> Oven Fried Chicken Brown Rice Green Beans Orange Slices 1% low Fat Milk</p> <p><b><u>Snacks</u></b> Apple Juice Raisin Bread</p>	<p><b><u>Breakfast</u></b> WG Cinnamon Toast Tropical Fruit 1% low fat milk</p> <p><b><u>Lunch</u></b> Cheeseburger Baked Fries Apricot WG Bun 1% low fat milk</p> <p><b><u>Snack</u></b> Graham Cracker Yogurt</p>

**Head Start**

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
½ cup Vegetables,  
Fruit, Or Both  
½ oz Grains  
½ pt. 1% low fat  
Milk  
Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
1.5 oz. Meat or Alternate  
¼ c. fruit  
¼ c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
½ pt. 1% Fat Free Milk  
Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
(Two of the Five)  
½ oz. Meat or Alternate  
½ cup of Fruit or Fruit  
Juice  
½ c. Vegetable  
½ oz Grains  
Milk or Dairy

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
¼ cup Vegetables,  
Fruit, Or Both  
½ oz Grains  
½ pt 1% low fat Milk  
Other Food

**Early Head Start**

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
1 oz. Meat or Alternate  
1/8 c. fruit  
1/8 c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
½ pt. 1% Fat Free Milk  
Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
(Two of the Five)  
½ oz. Meat or  
Alternate  
1/2 c of Fruit or Fruit  
Juice  
1/2 c. Vegetable  
½ oz Grains  
Milk or Dairy