


Head Start/PKC Breakfast Menu November 2024

Monday	Quantity	Tuesday	Quantity	Wednesday	Quantity	Thursday	Quantity	Friday	Quantity
								November 1, 2024	
								W.G. Vanilla Emoji Graham Crackers	1 oz.
								R.F. Mozzarella Stick	1 oz.
								Petite Banana	1
								Milk 1%	3/4 Cup
November 4, 2024		November 5, 2024		November 6, 2024		November 7, 2024		November 8, 2024	
W.G. Cinnamon Toast Crunch R.S. Cereal Bowl	1 oz.			1/2 English Muffin	1 oz.	W.G. Kix Cereal	.5 oz.	W.G. Low Fat Chocolate Chip Muffin	2 oz.
Apple Slices	1 Pk. (2 oz.)	NO		w/ Jelly and Butter		Petite Apple	1	Petite Banana	1
Milk 1%	3/4 Cup	SCHOOL		100 % Juice	4 oz.	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup
				Milk 1%	3/4 Cup				
November 11, 2024		November 12, 2024		November 13, 2024		November 14, 2024		November 15, 2024	
W. G. Honey Cheerios Bowl	1 oz.	W.G. Croissant	2 oz.	W.G. Low Fat Banana Muffin	2 oz.	Multi-Grain Cheerios		W.G. Vanilla Emoji Graham Crackers	1 oz.
Diced Pears	1/2 Cup	w/ a Slice of Cheese	.5 oz.	100 % Juice	4 oz.	Cereal Bowl	1 oz.	R.F. Mozzarella Stick	1 oz.
Milk 1%	3/4 Cup	Applesauce	1/2 Cup	Milk 1%	3/4 Cup	Sliced Peaches	1/2 Cup	Petite Banana	1
		Milk 1%	3/4 Cup			Milk 1%	3/4 Cup	Milk 1%	3/4 Cup
November 18, 2024		November 19, 2024		November 20, 2024		November 21, 2024		November 22, 2024	
W.G. Cinnamon Toast Crunch R.S. Cereal Bowl	1 oz.	W.G. Soft Pretzel Stick	1 oz.	1/2 English Muffin	1 oz.	W.G. Kix Cereal	.5 oz.	W.G. Low Fat Chocolate Chip Muffin	2 oz.
Apple Slices	1 Pk. (2 oz.)	Yogurt Cup	4 oz.	w/ Jelly and Butter		Tropical Fruit Cup	4 oz.	Petite Banana	1
Milk 1%	3/4 Cup	Raisins	1.3 oz.	100 % Juice	4 oz.	Milk 1%	3/4 Cup	Milk 1%	3/4 Cup
		Milk 1%	3/4 Cup	Milk 1%	3/4 Cup				
November 25, 2024		November 26, 2024		November 27, 2024		November 28, 2024		November 29, 2024	
NO		NO		NO		NO		NO	
SCHOOL		SCHOOL		SCHOOL		SCHOOL		SCHOOL	

<p>BREAKFAST GUIDELINES AGE 3-5:</p> <p>Milk 1%, 3/4 Cup</p> <p>Vegetable/Fruit or both, 1/2 Cup</p> <p>Grains .5 oz. equivalent</p> <p>Meat/MA may be served in place of the grain component up to 3 times per week.</p> <p>One (1) serving from all 3 components.</p>	<p>SYLVIE BACCARO FOOD SERVICE MANAGER 610-613-0859</p>	<p>PHILIP RADICK ASSISTANT FOOD SERVICE MANAGER 302-287-1780</p>	<p>AMY DOLLARD CAFETERIA MANAGER 302-268-3202</p>
<p>HEAD START CENTERS:</p> <p>Avon Grove</p> <p>Early Discovery Center</p> <p>Gordon</p> <p>Kennett Square</p> <p>Octorara</p> <p>Phoenixville Barkley</p> <p>Ridgewood</p> <p>TCHS Pickering</p> <p>West Chester</p>			
<p>DUE TO SUPPLY CHAIN ISSUES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>			