

# Head Start PKC Breakfast Menu OCTOBER 2024

Monday	Quantity	Tuesday	Quantity	Wednesday	Quantity	Thursday	Quantity	Friday	Quantity
		<b>October 1, 2024</b> W.G. Croissant 2 oz. w/ a Slice of Cheese .5 oz. Applesauce 1/2 Cup Milk 1% 3/4 Cup		<b>October 2, 2024</b> W.G. Low Fat Banana Muffin 2 oz. 100% Juice 4 oz. Milk 1% 3/4 Cup		<b>October 3, 2024</b> Multi-Grain Cheerios Cereal Bowl 1 oz. Sliced Peaches 1/2 Cup Milk 1% 3/4 Cup		<b>October 4, 2024</b> W.G. Vanilla Emoji Graham Crackers 1 oz. R.F. Mozzarella Stick 1 oz. Petite Banana 1 Milk 1% 3/4 Cup	
<b>October 7, 2024</b> W.G. Cinnamon Toast Crunch R.S. Cereal Bowl 1 oz. Apple Slices Pk. (2 oz) 3/4 Cup Milk 1%		<b>October 8, 2024</b> W. G. Pancakes 3.03 oz. Sliced Strawberries 1/2 Cup Milk 1% 3/4 Cup		<b>October 9, 2024</b> 1/2 English Muffin w/ Jelly and Butter 100% Juice 4 oz. Milk 1% 3/4 Cup		<b>October 10, 2024</b> W.G. Kix Cereal .5 oz. Petite Apple 1 Milk 1% 3/4 Cup		<b>October 11, 2024</b> W.G. Low Fat Chocolate Chip Muffin 2 oz. Petite Banana 1 Milk 1% 3/4 Cup	
<b>October 14, 2024</b> W. G. Honey Cheerios Bowl 1 oz. Diced Pears 1/2 Cup Milk 1% 3/4 Cup		<b>October 15, 2024</b> W.G. Croissant 2 oz. w/ a Slice of Cheese .5 oz. Applesauce 1/2 Cup Milk 1% 3/4 Cup		<b>October 16, 2024</b> W.G. Low Fat Banana Muffin 2 oz. 100% Juice 4 oz. Milk 1% 3/4 Cup		<b>October 17, 2024</b> Multi-Grain Cheerios Cereal Bowl 1 oz. Sliced Peaches 1/2 Cup Milk 1% 3/4 Cup		<b>October 18, 2024</b> W.G. Vanilla Emoji Graham Crackers 1 oz. R.F. Mozzarella Stick 1 oz. Petite Banana 1 Milk 1% 3/4 Cup	
<b>October 21, 2024</b> W.G. Cinnamon Toast Crunch R.S. Cereal Bowl 1 oz. Apple Slices 2 oz. Milk 1% 3/4 Cup		<b>October 22, 2024</b> W.G. Soft Pretzel Stick 1 oz. Yogurt Cup 4 oz. Raisins 1.3 oz. Milk 1% 3/4 Cup		<b>October 23, 2024</b> 1/2 English Muffin w/ Jelly and Butter 100% Juice 4 oz. Milk 1% 3/4 Cup		<b>October 24, 2024</b> W.G. Kix Cereal .5 oz. Tropical Fruit Cup 4 oz. Milk 1% 3/4 Cup		<b>October 25, 2024</b> W.G. Low Fat Chocolate Chip Muffin 2 oz. Petite Banana 1 Milk 1% 3/4 Cup	
<b>October 21, 2024</b> W. G. Honey Cheerios Bowl 1 oz. Petite Apple 1 Milk 1/2 Cup		<b>October 22, 2024</b> W.G. Croissant 2 oz. w/ a Slice of Cheese .5 oz. Applesauce 1/2 Cup Milk		<b>October 23, 2024</b> W.G. Low Fat Banana Muffin 2 oz. Diced Pears 1/2 Cup Milk		<b>October 24, 2024</b> Multi-Grain Cheerios Cereal Bowl 1 oz. Diced Peaches 1/2 Cup Milk			

**BREAKFAST GUIDELINES:**

**AGE 3-5:**

Milk 1%, 3/4 Cup  
 Vegetable/Fruit or both, 1/2 Cup  
 Grains .5 oz. equivalent

Meat/MA may be served in place of the grain component up to 3 times per week.

One (1) serving from all 3 components.

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**HEAD START CENTERS:**

Early Discovery Center  
 Gordon  
 Kennett Square  
 Octorara  
 Phoenixville Barkley  
 Ridgewood

DUE TO SUPPLY CHAIN ISSUES MENU IS SUBJECT TO CHANGE WITHOUT NOTICE