

**Dover/EHS/Wharton Duffy
Menu**

OCTOBER 2021

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
				1 B- SCRAMBLED EGGS ORANGE JUICE WHOLE WHEAT BREAD L- HAMBURGER W/ CHEESE ON WHOLE WHEAT BUN FRENCH FRIES FRUIT SALAD S- DRIED CRANBERRIES
4 B- WAFFLES APPLE JUICE L- CHICKEN FAJITA SOFT WHEAT WRAP KERNEL CORN DICED TOMATO SHREDDED CHEESE TROPICAL FRUIT S- GOLDFISH	5 B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L-GRILLED CHEESE ON WHOLE WHEAT BREAD TOMATO SOUP DICED CARROTS MANDARIN ORANGE S- WHOLE WHEAT CRACKERS & CHEESE	6 B- FRENCH TOAST CRANBERRY JUICE L- ROASTED CHICKEN SWEET POTATO MIXED VEGETABLES WHOLE WHEAT BREAD FRESH APPLE S- YOGURT W/ BERRIES	7 B- OATMEAL W/RAISINS GRAPE JUICE L- BEEF STEW RICE MIXED VEGETABLES WHOLE WHEAT BREAD APRICOT S- WHOLE WHEAT GRAHAM CRACKERS	8 B -CHEERIOS CEREAL BANANA L- CHICKEN PATTY W/CHEESE WHOLE WHEAT BUN BABY CARROTS DICED PEACHES S- RITZ BITS CRACKERS
11 COLUMBUS DAY DOVER SCHOOL CLOSED WHARTON EARLY DISMISSAL AT 12:40	12 B- WHOLE GRAIN BAGEL LITE CREAM CHEESE PINEAPPLE JUICE L-BAKED ZITTI W/ MEAT SAUCE TOSSSED SALAD WHOLE WHEAT BREAD FRESH WATERMELON S- LORNA DOONES	13 B- CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- MACARONI & CHEESE SLICED WHEAT BREAD GREEN BEANS TROPICAL FRUIT S- YOGURT W/BERRIES	14 B- FRENCH TOAST PINEAPPLE JUICE L- TACO PLATTER SOFT WHEAT WRAP KERNEL CORN DICED TOMATO SHREDDED CHEESE MANDARIN ORANGE S- GOLDFISH	15 B- RICE CRISPY CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSSED SALAD PINEAPPLE TIDBITS S- LORNA DOONES
18 B- YOGURT DICED PEACHES BLUE BERRIES GRAHAM CRUMBS L-ROASTED CHICKEN MASHED POTATO MIXED VEGETABLES WHOLE WHEAT BREAD FRESH ORANGE S- RITZ BITS CRACKERS	19 B- CORN MUFFIN APPLE SAUCE L- BLACK BEANS & RICE GREEN BEANS WHOLE WHEAT BREAD FRUIT MIX S- WHOLE WHEAT GRAHAM CRACKERS	20 B- SCRAMBLED EGGS SLICED WHEAT BREAD ORANGE JUICE L-HAMBURGER W/ CHEESE ON WHOLE WHEAT BUN OVEN POTATOES FRESH STRAWBERRIES S- WHOLE WHEAT CRACKERS & CHEESE	21 B- PANCAKES SAUSAGE APPLE JUICE L- SPAGHETTI W/MEATBALLS BROCCOLI WHOLE WHEAT BREAD APRICOT S- TEDDY GRAHAMS	22 B- CHEERIOS CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEES, TOSSSED SALAD PINEAPPLE TIDBITS S- YOGURT W/ BERRIES
25 B- CORN MUFFIN APPLE SAUCE L- CHICKEN & RICE SOUP W/ EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD DICED PEACHES S-DRIED CRANBERRIES	26 B- WAFFLES CRANBERRY JUICE L- LENTIL & RICE WHOLE WHEAT BREAD GREEN BEANS MANDARIN ORANGES S- TEDDY GRAHAMS	27 B- OATMEAL W/RAISINS GRAPE JUICE L- MACARONI & CHEESE BROCCOLI & KERNEL CORN WHOLE WHEAT BREAD FRESH APPLE S- WHOLE WHEAT GRAHAM CRACKERS	28 B- FRENCH TOAST PINEAPPLE JUICE L- ROTINI PASTA W/ MEAT SAUCE WHOLE WHEAT BREAD CARROTS & PEAS CANTALOUPE S- LORNA DOONES	29 B- CORN FLAKES CEREAL BANANA L-GRILLED CHEESE ON WHOLE WHEAT BREAD TOMATO SOUP SLICED CARROTS DICED PEARS S- YOGURT W/BERRIES

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the Child and Adult Care Food Program

Head Start children ages 3-5 are served 1% or nonfat milk and water with meals and snack

E.H.S. children ages 0-2 are served whole milk and water with meals and snack

HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.

MENU SUBJECT TO CHANGE WITHOUT NOTICE