



Perrin Headstart Lunch Menu

October 2019

01

**Country Popcorn
Chicken Bowl**
Baked Beans
Applesauce
Choice of Milk

02

**Turkey and
Cheese Sandwich**
Carrots
Apple
Choice of Milk

03

Beef Finger
Mashed Potatoes
Watermelon
Choice of Milk

04

Cheese Pizza
Broccoli
Apple Juice
Choice of Milk

07

**Pancakes &
Sausage**
Tater Bites
Orange Juice
Choice of Milk

08

Fish Sticks
Green Beans
Applesauce
Choice of Milk

09

Chicken Nugget
Baked Beans
Diced Peaches
Choice of Milk

10

**Ham, Turkey, &
Cheese Sandwich**
Broccoli
Banana
Choice of Milk

11

Pepperoni Pizza
Tomato Wedges
Watermelon
Choice of Milk

14

**"Staff Comp
Professional
Development
Day"**

15

**"Parent –
Teacher
Conference –
Planning Day"**

16

Chicken Nugget
Broccoli
Diced Peaches
Choice of Milk

17

Hamburger
Baked Beans
Banana
Choice of Milk

18

Cheese Pizza
Carrots
Orange Juice
Choice of Milk

21

**Chicken Filet
Sandwich**
French Fries
Diced Peaches
Choice of Milk

22

**Popcorn Chicken
Bowl**
Green Beans
Watermelon
Choice of Milk

23

**Mini Chicken
Corn Dogs**
Carrots
Apple Juice
Choice of Milk

24

Beef Soft Tacos
Refried Beans
Banana
Choice of Milk

25

Pepperoni Pizza
Broccoli
Pineapple Tidbits
Choice of Milk

28

**Cheese Sticks w/
Marinara Sauce**
Carrots
Apple Juice
Choice of Milk

29

Chicken Nuggets
Green Beans
Diced Pears
Choice of Milk

30

**Nacho Tater
Bites**
Refried Beans
Diced Peaches
Choice of Milk

31

Hamburger
French Fries
Banana
Choice of Milk

More info...

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Community
Eligibility
Provision
(CEP)

