




STEPS Head Start

Moving Lives Forward

October 2024 Menu

Head Start (Ages 3-5 years old)

Appomattox, Buckingham, and Nottoway

| Monday - 30 | Tuesday - 1 | Wednesday - 2 | Thursday - 3 | Friday - 4 |
|--|---|---|---|--|
| ¼ cup pretzels, ½ cup applesauce, 4 oz. water | ½ Cup pears, ¼ Cup Goldfish crackers, 4 oz. water | ½ cup peaches, ¼ cup graham crackers, 4 oz. water | ¼ cup animal crackers, 4 oz. grape Juice | ½ string cheese, 5 Ritz crackers 4 oz. water |
| Monday - 7 | Tuesday - 8 | Wednesday - 9 | Thursday - 10 | Friday - 11 |
| No School Buckingham ½ cup peaches, ¼ cup Goldfish, 4 oz. water | ½ string cheese, 5 Ritz Crackers, 4 oz. water | ½ Day Nottoway ½ cup mandarin oranges, ¼ cup Cheez-Its, 4 oz. water | ¼ cup graham crackers, 4 oz. apple juice | ¼ cup pretzels, 4 oz. grape juice |
| Monday - 14 | Tuesday - 15 | Wednesday - 16 | Thursday - 17 | Friday - 18 |
|  | ¼ cup graham crackers, 4 oz. apple juice | ½ Day Buckingham 4 club crackers, ½ cup tropical fruit, 4 oz. water | ½ cup pineapple, ¼ cup Goldfish, 4 oz. water | ¼ cup animal crackers, 4 oz. grape juice |
| Monday -21 | Tuesday - 22 | Wednesday - 23 | Thursday - 24 | Friday - 25 |
| ½ cup pineapple, ¼ cup Goldfish crackers, 4 oz. water | ½ string cheese, 5 Ritz crackers, 4 oz. water | ½ Day Appomattox ½ cup pears, ¼ cup Cheez-Its, 4oz water | ¼ cup pretzels, ½ cup applesauce, 4 oz. water | 4oz apple Juice, ¼ cup graham crackers |
| Monday - 28 | Tuesday - 29 | Wednesday - 30 | Thursday - 31 | Friday - 1 |
| 4oz Grape Juice, ¼ cup Animal crackers | 2 Cheese Cubes, 5 Ritz Crackers, 4oz water | ¼ cup graham crackers, ½ Cup applesauce, 4oz water | ½ cup Tropical Fruit, ¼ cup Goldfish, 4 oz. water | ½ cup Mandarin oranges, 5 wheat thins, 4 oz. water |

Menus are subject to change without notice. The milk served is unflavored 1% milk. Bread, tortillas, waffle, French toast sticks, cereal, some crackers, and rolls are whole grain rich. Appropriate substitutions will be made for children with documented allergies. This institution is an equal opportunity provider that participates in the USDA Child Adult Care Food Program.