

**Rutland County Head Start/ Early Care and Education Program  
October 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<u>Breakfast</u> WG French Toast Sticks and Applesauce <u>Lunch</u> WG Spaghetti & Meatballs, Green Beans and Pineapple <u>Snack</u> Snack Mix and Milk	<u>Breakfast</u> WG <b>Pumpkin Bars</b> and Pears <u>Lunch</u> Chef Salad w/ Lettuce, Tomatoes, Cucumbers, Turkey & Cheese, WG Rolls and Peaches <u>Snack</u> Deviled Eggs and Broccoli	<u>Breakfast</u> Yogurt, Granola and Bananas <u>Lunch</u> WG Chicken Nuggets, WG Rolls, Carrots and Oranges <u>Snack</u> Apples w/ <b>Pumpkin Dip</b> and Milk	<u>Breakfast</u> WG English Muffins w/ Turkey Sausage and Peaches <u>Lunch</u> Roast Pork, Sweet Potatoes, WG Rolls and Apples <u>Snack</u> WG Crackers and Grapes	<b>Program CLOSED for Staff Development</b>
10	11	12	13	14
<u>Breakfast</u> WG Bagels w/ Sun Butter and Oranges <u>Lunch</u> WG Fish Sticks, Brown Rice, Mixed Veggies and Peaches <u>Snack</u> Mixed Fruit and Milk	<u>Breakfast</u> WG Cereal, Hard Boiled Eggs and Pears <u>Lunch</u> Baked Chicken, Roast Veggies w/ <b>Pumpkin</b> , WG Rolls and Kiwi <u>Snack</u> Tortilla Chips and Salsa	<u>Breakfast</u> WG <b>Pumpkin Pancakes</b> and Applesauce <u>Lunch</u> WG Mac & Cheese, Mixed Veggies and Mandarin Oranges <u>Snack</u> Apples and Sun Butter	<u>Breakfast</u> WG English Muffins w/ Egg & Cheese and Pineapple <u>Lunch</u> Hamburgers on a WG Bun, Cucumbers and Melon <u>Snack</u> <b>Pumpkin Crisp</b> and Milk	<u>Breakfast</u> Oatmeal and Berries <u>Lunch</u> Shepard's Pie (ground beef, mashed potato & corn), WG Rolls and Apples <u>Snack</u> WG Crackers and Cheese
17	18	19	20	21
<u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches <u>Lunch</u> Meatballs on a WG Bun w/ Sauce, Corn and Melon <u>Snack</u> Cheese and Carrot Sticks	<u>Breakfast</u> WG <b>Pumpkin Muffins</b> and Apples <u>Lunch</u> Baked Ham, WG Rolls, Green Beans and Pineapple <u>Snack</u> Graham Crackers and <b>Pumpkin Dip</b>	<u>Breakfast</u> WG Cereal and Berries <u>Lunch</u> WG Chicken Parmesan Sandwiches, Carrots and Peaches <u>Snack</u> Fruit Cups and Milk	<u>Breakfast</u> Scrambled Egg & Sausage Bake, WG Toast and Oranges <u>Lunch</u> <b>Pumpkin Soup</b> , WG Cheesy Pita Pockets and Apples <u>Snack</u> WG Cheese Crackers and Milk	<u>Breakfast</u> WG English Muffins w/ Sun Butter and Pears <u>Lunch</u> Quiche w/ Egg, Cheese & Spinach and Mixed Fruit <u>Snack</u> Hard Boiled Eggs and Celery

## Rutland County Head Start/ Early Care and Education Program October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24	25	26	27	28
<u>Breakfast</u> WG Bagel w/ Cream Cheese and Peaches  <u>Lunch</u> Pulled Pork on a WG Bun, Roasted Carrots and Oranges  <u>Snack</u> Tortilla Chips w/ Fruit Salsa	<u>Breakfast</u> <b>Pumpkin Oatmeal</b> and Pears  <u>Lunch</u> WG Cheesy <b>Pumpkin Spaghetti</b> , Peas and Melon  <u>Snack</u> Cottage Cheese and Peaches	<u>Breakfast</u> Yogurt, Granola and Berries  <u>Lunch</u> Swamp Chicken (chicken, zucchini & salsa), Brown Rice and Pineapple  <u>Snack</u> Corn Bread and Milk <b>*Nutrition Activity! Explore and Roast Pumpkin Seeds!!!</b>	<u>Breakfast</u> WG Wraps w/ Apples, Bananas and Sun Butter  <u>Lunch</u> WH English Muffin Cheese Pizzas, Cucumbers and Peaches  <u>Snack</u> <b>Pumpkin Oatmeal Balls</b> and Milk	<u>Breakfast</u> WG Cereal and Raisins  <u>Lunch</u> WG Pasta w/ Ground Beef & Sauce, Mixed Veggies and Peas  <u>Snack</u> Deviled Eggs and Pepper Sticks
31		<p><b>For the month of October, the menu will celebrate Pumpkins!!!</b></p>	<p><b>Things to do with pumpkins: pick them, paint them, explore them, roast pumpkin seeds, cook with them, bake with them or grow them!</b></p>	<p style="text-align: center;"><b><u>Pumpkin Pie Dip</u></b></p> <p>8 Ounces Whip Cream 1, 15 ounce can Pumpkin Puree 3.4-ounce package Vanilla Pudding Dash or Pumpkin Pie Spice</p> <p>Mix well and enjoy with apple slices or graham crackers just to name a few! Enjoy!</p>

\*Fat Free Milk is offered with every breakfast and lunch.  
Fat Free milk is an option at snack when indicated on the menu.  
Water is available at all times.

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## Rutland County Head Start/ Early Care and Education Program November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	4
	<p><u>Breakfast</u> WG <b>Sweet Potato Muffins</b> and Pears</p> <p><u>Lunch</u> Chef Salad w/ Lettuce, Tomatoes, Cucumbers, Turkey &amp; Cheese, WG Rolls and Peaches</p> <p><u>Snack</u> Deviled Eggs and Broccoli</p>	<p><u>Breakfast</u> Yogurt, Granola and Bananas</p> <p><u>Lunch</u> WG Chicken Nuggets, WG Rolls, Carrots and Oranges</p> <p><u>Snack</u> Apples w/ Pumpkin Dip and Milk</p>	<p><u>Breakfast</u> WG English Muffins w/ Turkey Sausage and Peaches</p> <p><u>Lunch</u> Roast Pork, <b>Sweet Potatoes</b>, WG Rolls and Apples</p> <p><u>Snack</u> WG Crackers and Grapes</p>	<p><u>Breakfast</u> WG Cereal, Cheese Sticks and Raisins</p> <p><u>Lunch</u> Tacos in a WG Wrap w/ Tomatoes, Lettuce &amp; Cheese and Grapes</p> <p style="text-align: center;"><b>Program CLOSING at Noon for Professional Development</b></p>
7	8	9	10	11
<p><u>Breakfast</u> WG Bagels w/ Sun Butter and Oranges</p> <p><u>Lunch</u> WG Fish Sticks, <b>Sweet Potato Fries</b>, Mixed Veggies and Peaches</p> <p><u>Snack</u> Mixed Fruit and Milk</p>	<p><u>Breakfast</u> WG Cereal, Hard Boiled Eggs and Pears</p> <p><u>Lunch</u> Baked Chicken, Roast Veggies w/ Pumpkin, WG Rolls and Kiwi</p> <p><u>Snack</u> Tortilla Chips and Salsa</p>	<p><u>Breakfast</u> WG <b>Sweet Potato Pancakes</b> and Applesauce</p> <p><u>Lunch</u> WG Mac &amp; Cheese, Mixed Veggies and Mandarin Oranges</p> <p><u>Snack</u> Apples and Sun Butter</p>	<p><u>Breakfast</u> WG English Muffins w/ Egg &amp; Cheese and Pineapple</p> <p><u>Lunch</u> Hamburgers on a WG Bun, Cucumbers and Melon</p> <p><u>Snack</u> Pumpkin Crisp and Milk</p>	<p><b>Program CLOSED for Staff Development</b></p>
14	15	16	17	18
<p><u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches</p> <p><u>Lunch</u> <u>Celebrate National Pickle Day!</u> WG Pickle &amp; Cheese Pizza, Carrots and Melon</p> <p><u>Snack</u> Cheese and Carrot Sticks</p>	<p><u>Breakfast</u> WG Pumpkin Muffins and Apples</p> <p><u>Lunch</u> Baked Ham, WG Rolls, <b>Roasted Sweet Potato</b> and Pineapple</p> <p><u>Snack</u> Graham Crackers and Pumpkin Dip</p>	<p><u>Breakfast</u> WG English Muffins w/ Sun Butter and Pears</p> <p><u>Lunch</u> WG Chicken Parmesan Sandwiches, Corn and Peaches</p> <p><u>Snack</u> Hard Boiled Eggs and Celery</p>	<p><u>Breakfast</u> Scrambled Egg &amp; Sausage Bake, WG Toast and Oranges</p> <p><u>Lunch</u> Pumpkin Soup, WG Cheesy Pita Pockets and Apples</p> <p><u>Snack</u> <b>Sweet Potato Bites</b> and Milk</p>	<p><u>Breakfast</u> WG Cereal and Berries</p> <p><b>'Giving Thanks' Family Lunch</b> Turkey and all the fixings! Full menu will be provided on sign-up slip!</p> <p style="text-align: center;"><b>Program CLOSING at Noon for Professional Development</b></p>

**Rutland County Head Start/ Early Care and Education Program  
November 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	22	23	24	25
<u>Breakfast</u> WG Bagel w/ Cream Cheese and Peaches  <u>Lunch</u> Pulled Pork on a WG Bun, Roasted Carrots and Oranges  <u>Snack</u> Tortilla Chips w/ Fruit Salsa <b>*Nutrition Activity!</b> <b>Sweet Potato Cookies</b>	<u>Breakfast</u> <b>Sweet Potato Oatmeal</b> and Pears  <u>Lunch</u> WG Cheesy Pumpkin Spaghetti, Peas and Melon  <u>Snack</u> Cottage Cheese and Peaches	<u>Breakfast</u> Yogurt, Granola and Berries  <u>Lunch</u> Swamp Chicken (chicken, zucchini & salsa), Brown Rice and Pineapple  <u>Snack</u> <b>Sweet Potato &amp; Corn Bread</b> and Milk	<b>Program CLOSED</b> <b>In Observance of the Thanksgiving Holiday</b>	<b>Program CLOSED</b> <b>In Observance of the Thanksgiving Holiday</b>
28	29	30	<b>For the month of November, the menu will celebrate Sweet Potatoes!</b>	<b>Make them together!</b> <u>Sweet Potato Pancakes</u> 1 roast & peeled sweet potato 2 eggs, beaten Cinnamon is optional Mix together all ingredients until smooth  Drop by the spoonful in a hot pan and cook for 3 to 5 minutes on each side.  Top with Greek yogurt or a touch of maple syrup and enjoy!!!
<u>Breakfast</u> WG French Toast Sticks and <b>Sweet Potato Applesauce</b>  <u>Lunch</u> WG Spaghetti & Meatballs, Green Beans and Pineapple  <u>Snack</u> Snack Mix and Milk	<u>Breakfast</u> WG Pumpkin Bars and Pears  <u>Lunch</u> Chef Salad w/ Lettuce, Tomatoes, Cucumbers, Turkey & Cheese, WG Rolls and Peaches  <u>Snack</u> Deviled Eggs and Broccoli	<u>Breakfast</u> Yogurt, Granola and Bananas  <u>Lunch</u> WG Chicken Nuggets, WG Rolls, Carrots and Oranges  <u>Snack</u> Apples w/ Pumpkin Dip and Milk		

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**Rutland County Head Start/ Early Care and Education Program  
December 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For the month of December, the menu will celebrate Oranges!</b></p>	<p><b>What are all the good things that oranges do for us?</b></p> <p>Provide us with vitamin C, can help give us smooth skin and can boost our immune system which helps us not get sick! They also provide our bodies with fiber, calcium and potassium.</p>		<p>1</p> <p><u>Breakfast</u> WG English Muffins w/ Turkey Sausage and Peaches</p> <p><u>Lunch</u> Roast Pork, Sweet Potatoes, WG Rolls and Apples</p> <p><u>Snack</u> WG Crackers and Grapes</p>	<p>2</p> <p><u>Breakfast</u> WG Cereal, Cheese Sticks, Raisins and <b>100% OJ</b></p> <p><u>Lunch</u> Tacos in a WG Wrap w/ Tomatoes, Lettuce &amp; Cheese and Grapes</p> <p><u>Snack</u> Celery and Sun Butter</p>
<p>5</p> <p><u>Breakfast</u> WG Bagels w/ Sun Butter and <b>Oranges</b></p> <p><u>Lunch</u> WG Fish Sticks, Brown Rice, Mixed Veggies and Peaches</p> <p><u>Snack</u> Mixed Fruit and Milk</p>	<p>6</p> <p><u>Breakfast</u> WG Cereal, Hard Boiled Eggs and Pears</p> <p><u>Lunch</u> Baked Chicken, Roast Veggies w/ Pumpkin, WG Rolls and Kiwi</p> <p><u>Snack</u> Tortilla Chips and <b>Orange Salsa</b></p>	<p>7</p> <p><u>Breakfast</u> <b>WG Vanilla &amp; Orange Pancakes</b> and Applesauce</p> <p><u>Lunch</u> WG Mac &amp; Cheese, Mixed Veggies and <b>Mandarin Oranges</b></p> <p><u>Snack</u> Apples and Sun Butter</p>	<p>8</p> <p><u>Breakfast</u> WG English Muffins w/ Egg &amp; Cheese and Pineapple</p> <p><u>Lunch</u> Hamburgers on a WG Bun, Cucumbers and Melon</p> <p><u>Snack</u> Pumpkin Crisp and Milk</p>	<p>9</p> <p><u>Breakfast</u> Oatmeal and Berries</p> <p><u>Lunch</u> Shepard's Pie (ground beef, mashed potato &amp; corn), WG Rolls and Apples</p> <p><u>Snack</u> WG Crackers and Cheese</p>
<p>12</p> <p><u>Breakfast</u> Cottage Cheese, WG Crackers and Peaches</p> <p><u>Lunch</u> Meatballs on a WG Bun w/ Sauce, Corn and Melon</p> <p><u>Snack</u> Cheese and Carrot Sticks</p>	<p>13</p> <p><u>Breakfast</u> WG Pumpkin Muffins and Apples</p> <p><u>Lunch</u> Baked Ham, WG Rolls, Green Beans and Pineapple</p> <p><u>Snack</u> Graham Crackers and Pumpkin Dip</p>	<p>14</p> <p><u>Breakfast</u> WG English Muffins w/ Sun Butter and Pears</p> <p><u>Lunch</u> WG Chicken Parmesan Sandwiches, Carrots and Peaches</p> <p><u>Snack</u> Hard Boiled Eggs and Celery</p>	<p>15</p> <p><u>Breakfast</u> Scrambled Egg &amp; Sausage Bake, WG Toast and <b>Oranges</b></p> <p><u>Lunch</u> Pumpkin Soup, WG Cheesy Pita Pockets and Apples</p> <p><u>Snack</u> WG Cheese Crackers and Milk</p>	<p>16</p> <p><u>Breakfast</u> WG English Muffins w/ Sun Butter and Pears</p> <p><u>Lunch</u> Quiche w/ Egg, Cheese &amp; Spinach and Mixed Fruit</p> <p><u>Snack</u> <b>Healthy Orange Creamsicles</b> and Celery</p>

**Rutland County Head Start/ Early Care and Education Program  
December 2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
<u>Breakfast</u> WG Bagel w/ Cream Cheese and Peaches  <u>Lunch</u> Pulled Pork on a WG Bun, Roasted Carrots and <b>Oranges</b>  <u>Snack</u> Tortilla Chips w/ Fruit Salsa <b>*Nutrition Activity!                      Squeeze Your Own OJ!</b>	<u>Breakfast</u> Pumpkin Oatmeal and Pears  <u>Lunch</u> WG Cheesy Pumpkin Spaghetti, Peas and Melon  <u>Snack</u> Cottage Cheese and Peaches	<u>Breakfast</u> Yogurt, Granola and Berries  <u>Lunch</u> Swamp Chicken (chicken, zucchini & salsa), Brown Rice and Pineapple  <u>Snack</u> <b>Orange Corn</b> Bread and Milk	<b>Program CLOSED for Staff Development</b>	<b>Program CLOSED For Winter Holiday Break</b>
26	27	28	29	30
<b>Program CLOSED For Winter Holiday Break</b>	<b>Program CLOSED For Winter Holiday Break</b>	<b>Program CLOSED For Winter Holiday Break</b>	<b>Program CLOSED For Winter Holiday Break</b>	<b>Program CLOSED For Winter Holiday Break</b>

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January 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
<p><b>Program CLOSED In Observance of the New Year</b></p>	<p><u>Breakfast</u> <b>WG Lemon Bars</b> and Pears</p> <p><u>Lunch</u> Chef Salad w/ Lettuce, Tomatoes, Cucumbers, Turkey &amp; Cheese, WG Rolls and Peaches</p> <p><u>Snack</u> Deviled Eggs and Broccoli</p>	<p><u>Breakfast</u> Yogurt, Granola and Bananas</p> <p><u>Lunch</u> WG Chicken Nuggets, WG Rolls, Carrots and Oranges</p> <p><u>Snack</u> Apples w/ Pumpkin Dip and Milk</p>	<p><u>Breakfast</u> WG English Muffins w/ Turkey Sausage and Peaches</p> <p><u>Lunch</u> Roast Pork, Sweet Potatoes, WG Rolls and Apples</p> <p><u>Snack</u> WG Crackers and Grapes &amp; <b>Lemon Slices</b></p>	<p><u>Breakfast</u> WG Cereal, Cheese Sticks and Raisins</p> <p><u>Lunch</u> Tacos in a WG Wrap w/ Tomatoes, Lettuce &amp; Cheese and Grapes</p> <p><u>Snack</u> Celery and Sun Butter</p>
9	10	11	12	13
<p><u>Breakfast</u> WG Bagels w/ Sun Butter and Oranges</p> <p><u>Lunch</u> WG Fish Sticks, <b>WG Lemon Pasta</b>, Mixed Veggies and Peaches</p> <p><u>Snack</u> Mixed Fruit and Milk</p>	<p><u>Breakfast</u> WG Cereal, Hard Boiled Eggs and Pears</p> <p><u>Lunch</u> Hamburgers on a WG Bun, Cucumbers and Melon</p> <p><u>Snack</u> Tortilla Chips and Salsa</p>	<p><u>Breakfast</u> WG Pumpkin Pancakes and Applesauce</p> <p><u>Lunch</u> WG Mac &amp; Cheese, Mixed Veggies and Mandarin Oranges</p> <p><u>Snack</u> Apples and Sun Butter</p>	<p><u>Breakfast</u> WG English Muffins w/ Egg &amp; Cheese and Pineapple</p> <p><u>Lunch</u> <b>Lemon Baked Chicken</b>, Roast Veggies, WG Rolls and Kiwi</p> <p><u>Snack</u> Pumpkin Crisp and Milk</p>	<p><u>Breakfast</u> Oatmeal and Berries</p> <p><u>Lunch</u> Shepard's Pie (ground beef, mashed potato &amp; corn), WG Rolls and Apples</p> <p><u>Snack</u> WG Crackers and Cheese</p>
16	17	18	19	20
<p><b>Program CLOSED for Staff Development</b></p>	<p><u>Breakfast</u> <b>WG Lemon Poppyseed Muffins</b> and Apples</p> <p><u>Lunch</u> Baked Ham, WG Rolls, Green Beans and Pineapple</p> <p><u>Snack</u> Graham Crackers and Pumpkin Dip</p>	<p><u>Breakfast</u> WG English Muffins w/ Sun Butter and Pears</p> <p><u>Lunch</u> WG Chicken Parmesan Sandwiches, Carrots and Peaches</p> <p><u>Snack</u> Hard Boiled Eggs and Celery</p>	<p><u>Breakfast</u> Scrambled Egg &amp; Sausage Bake, WG Toast and Oranges</p> <p><u>Lunch</u> Pumpkin Soup, WG Cheesy Pita Pockets and Apples</p> <p><u>Snack</u> <b>WG Lemon Snack Mix</b> and Milk</p>	<p><u>Breakfast</u> WG English Muffins w/ Sun Butter and Pears</p> <p><u>Lunch</u> Quiche w/ Egg, Cheese &amp; Spinach and Mixed Fruit</p> <p><u>Snack</u> Hard Boiled Eggs and Celery</p>

**Rutland County Head Start/ Early Care and Education Program  
January 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27
<u>Breakfast</u> WG Bagel w/ Cream Cheese and Peaches  <u>Lunch</u> Pulled Pork on a WG Bun, Roasted Carrots and Oranges  <u>Snack</u> Snack Mix and Fruit Cups	<u>Breakfast</u> Pumpkin Oatmeal and Pears  <u>Lunch</u> <b>WG Lemon Chicken Alfredo,</b> Peas and Melon  <u>Snack</u> Cottage Cheese and Peaches	<u>Breakfast</u> Yogurt, Granola and Berries  <u>Lunch</u> Swamp Chicken (chicken, zucchini & salsa), Brown Rice and Pineapple  <u>Snack</u> Corn Bread and Milk <b>*Nutrition Activity!</b> <b>Squeeze your own Lemonade and Lemon Tasting</b>	<u>Breakfast</u> WG Wraps w/ Apples, Bananas and Sun Butter  <u>Lunch</u> WH English Muffin Cheese Pizzas, Cucumbers and Peaches  <u>Snack</u> <b>Lemon Popsicles</b> and Milk	<u>Breakfast</u> WG Cereal and Raisins  <u>Lunch</u> WG Pasta w/ Ground Beef & Sauce, Mixed Veggies and Peas  <u>Snack</u> Deviled Eggs and Pepper Sticks
30	31	<p><b>For the month of January, the menu will celebrate Lemons!</b></p>		
<u>Breakfast</u> WG French Toast Sticks and Applesauce  <u>Lunch</u> WG Spaghetti & Meatballs, Green Beans and Pineapple  <u>Snack</u> Tortilla Chips w/ <b>Lemon Salsa</b> and Milk	<u>Breakfast</u> WG Pumpkin Bars and Pears  <u>Lunch</u> Chef Salad w/ Lettuce, Tomatoes, Cucumbers, Turkey & Cheese, WG Rolls and Peaches  <u>Snack</u> Deviled Eggs and Broccoli			<p><b>Healthy 3-Ingredient Lemonade!</b></p> <p>In a blender, add the juice from 5 lemons and 1/3 cup honey and blend.</p> <p>Once all blended, add to a pitcher with 4 cups of water.</p> <p><b>Serve over ice and enjoy!</b></p>

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