



October 2025



Headstart Menu

Monday

Tuesday

Wednesday

Thursday

Friday



1
Super Donut
Orange Tangerine Juice
Fresh Banana

Lunch
Turkey & Cheese
Sandwich
Potato Wedges
Fresh Strawberries

2
Turkey Sausage, Egg
Bagel Sandwich
Strawberry Kiwi Juice
Pineapple
Lunch
BBQ Chicken and
Cornbread Star
Buttered Corn
Watermelon

3
Banana Chocolate
Chunk Breakfast Bar
Apple Juice
Mandarin Oranges
Lunch
Pepperoni Pizza
Cucumber & Tomato Salad
Applesauce

6

7

8

9

10



13
NO SCHOOL



14
Chex Cereal
*Fruit Punch Juice
Peaches

Lunch
Soft Beef Tacos
Pinto Beans
Mango

15
Breakfast Bun
Orange Tangerine Juice
Pineapple

Lunch
Orange Chicken w/
Brown Rice
Garlic Broccoli
Mandarin Oranges

16
Cinnamon Pastry
Strawberry Kiwi Juice
Diced Pears

Lunch
BBQ Beef Sandwich
Buttered Corn
Sliced Peaches

17
Blueberry Muffin
Apple Juice
Mandarin Oranges

Lunch
Cheese Lasagna
w/ Garlic Toast
Green Beans
Applesauce

20
Cran/Raspberry Juice
Cran/Raspberry Juice
Peaches & Pears

Lunch
Hamburger on a Bun
Corn & Green Beans
Sliced Gala Apple

21
Confetti Pancakes
*Fruit Punch Juice
Pineapple

Lunch
Cheddar Cheese
Quesadilla
Pinto Beans
Orange Wedges

22
Apple Frudel
Orange Tangerine Juice
Fresh Banana

Lunch
Chicken Tenders
Roasted Brussel Sprouts
Watermelon

23
NO SCHOOL

24
NO SCHOOL



27
Cheerios Cereal
Cran/Raspberry Juice
Peach Applesauce

Lunch
Cheeseburger Sliders
Crinkle Cut Fries
Sliced Peaches

28
Mini Cinnamon Waffles
*Fruit Punch Juice
Pears

Lunch
Bean & Cheese Burrito
Corn & Green Chile
Mango

29
Pumpkin Bread
Orange Tangerine Juice
Cinnamon Applesauce

Lunch
Beef Fingers
Mashed Potatoes
Beef Gravy
Fresh Strawberries

30
Turkey Sausage, Egg
Potato & Cheese Wrap
Strawberry Kiwi Juice
Peaches & Pears

Lunch
Bat Shaped
Chicken Nuggets
Potato Smiles
Mandarin Oranges

31
NO SCHOOL



1% Milk Offered Daily for Breakfast & Lunch

*Fruit Punch Juice contains apple, pear, jujube fruit, cherry, orange & pineapple juice.

Questions or concerns call 623-707-2059 or email us at foodservice@fesd.org

This institution is an equal opportunity provider.