

Miami-Dade Head Start

Head Start Snack · October 2026



Monday

Tuesday

Wednesday

Thursday

Friday

5

No menu published

6

No menu published

7

No menu published

8

No menu published

9

No menu published

12

Cheese Colby Jack Blend SS Stick 80 cal
 Juice, Fruit Blend 60 cal

13

Animal Cookies 130 cal
 Juice, Fruit Blend 60 cal

14

Assorted Yogurt 180 cal
 Rockin Ola

15

Honey Grahams Crackers 90 cal
 Juice, Fruit Blend 60 cal

16

Cheez-it Crackers 100 cal
 Juice, Fruit Blend 60 cal

19

Assorted Yogurt 180 cal
 Rockin Ola

20

String Cheese Mozzarella 180 cal
 Juice, Fruit Blend 60 cal

21

Honey Grahams Crackers 90 cal
 Juice, Fruit Blend 60 cal

22

Cereal, Whole Grain Cheerios 100 cal
 Milk

23

Goldfish Crackers 100 cal
 Juice, Fruit Blend 60 cal

26

Honey Grahams Crackers 90 cal
 Juice, Fruit Blend 60 cal

27

Banana Bread 306 cal
 Juice, Fruit Blend 60 cal

28

String Cheese Mozzarella 180 cal
 Juice, Fruit Blend 60 cal

29

Assorted Yogurt 180 cal
 Rockin Ola

30

Cheez-it Crackers 100 cal
 Juice, Fruit Blend 60 cal

Served every day

Water