

All breakfasts and lunches are served with 1% milk. Whole wheat or whole grain is served a minimum of once a day. All juice is 100%. Menus are subject to change,



without notice, due to product availability..

JANUARY 2021 HEAD START MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4	5	6	7	8	9
BREAKFAST		Yogurt Fruit	French Toast Fruit	Pancakes Fruit	Cereal Fruit	
LUNCH	NO SCHOOL Staff Work Day	California Medley Soup Ham Sandwich Fruit	Chicken & Noodles Peas & Carrots Fruit	BBQ Pulled Pork Sandwich Baked Beans Fruit	Fish Nuggets Tater Tots Fruit Bread	
SNACK		Graham Crackers Fruit	PBJ Fruit	Pretzels Juice	Sun Chips Fruit	
10	11	12	13	14	15	16
	Egg Patty Hash Browns	Muffin Fruit	Tortilla Peanut Butter Fruit	Waffle Sticks Fruit	Cereal Fruit	
	Turkey Tetrazzini Green Beans Fruit	Swedish Meatballs Mashed Potatoes Biscuit Fruit	Ham & Noodle Casserole Broccoli Fruit	Chicken Gumbo Crackers Fruit Yogurt	Cheeseburger French Fries Fruit	
	Animal Crackers Fruit	Cornbread Fruit	Teddy Grahams Fruit	Bagel/peanut butter Fruit	Strawberry Yogurt Chex Mix Fruit	
17	18	19	20	21	22	23
	NO SCHOOL MARTIN LUTHER KING DAY Staff Work Day	French Toast Fruit	Bagel/cream cheese Fruit	Pancakes Fruit	Cereal Fruit	
		Chicken Alfredo Tossed Salad Garlic Bread Fruit	Sloppy Joe Corn Fruit	Chili Oyster Crackers French Fries Cheese Fruit	Chicken Tenders Baked Beans Fruit Bread	
		Snack Biscuits Fruit	Cheese-Its Juice	Chex Mix Fruit	Pretzels Fruit	
24	25	26	27	28	29	30
	Yogurt Fruit	Muffin Fruit	Waffle Sticks Strawberries	Tortilla Cream Cheese Fruit	Cereal Fruit	
	Chicken & Rice Peas Fruit	Ham & Beans Cornbread Cheese Stck Fruit	Goulash Corn Fruit	Hamburger Stroganoff Cooked Carrots Fruit	Egg Roll California Blend Fruit Yogurt	
	Goldfish Fruit	Doritos Fruit	Graham Crackers Fruit	Sun Chips Fruit	Animal Crackers Juice	
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