

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 2019 HEAD START MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7  No School Staff Work Day	8 Egg Patty Mandarin Oranges  Chicken & Rice Broccoli Peaches  Goldfish Applesauce	9 Oatmeal Raisins  Tater Tot Casserole Peas Fruit Cocktail Dinner Roll  Early Dismissal 12:30	10 Waffle Sticks Strawberries  Goulash Corn Pears  Pretzels Pineapple Juice	11 Yogurt Mixed Berry Cups  Corndog Baked Beans Tropical Fruit  Teddy Grahams Milk	12
13	14 Pigs in a Blanket Pears  Some More Casserole Green Beans Fruit Cocktail  Cottage Cheese Peaches	15 English Muffin Mandarin Oranges  Ham Sweet Potato Fries Pineapple Dinner Roll  Tortilla Chips Salsa Milk	16 Pancakes Cinnamon Apples  Tuna & Noodles Peas & Carrots Tropical Fruit  Early Dismissal 12:30	17 French Toast Sticks Pears  Chicken Enchilada Casserole Green Beans Cherries  Celery Cream Cheese Wheat Crackers	18 Cereal Raisins  Beef Fingers Potato Wedges Bread Apples  Cheese Stick Applesauce	19
20	21 Breakfast Burrito Pears  Turkey Noodle Soup Oyster Crackers Cheese Sandwich Mandarin Oranges  Trail Mix Raisins	22 French Toast Sticks Peaches  Scrambled Eggs w/ ham & cheese Hash Browns Tortilla Banana  Animal Crackers Milk	23 Oatmeal Strawberries  Taco Salad w/ meat, cheese, lettuce, beans, tortilla chips, salsa, sour cream Tropical Fruit  Early Dismissal 12:30	24 Bagel Cream Cheese Apricots  Hash Brown Casserole Broccoli Fruit Cocktail  Tortilla Peanut Butter Applesauce	25 Yogurt Blueberries  Hamburger French Fries Oranges Slices  Corn Chips Milk	26
27	28 Omelet Hash Browns  Lasagna Rolls Green Beans Peaches  Cereal Milk	29 Waffle Sticks Strawberries  Ham & Cheese Roll-ups Tossed Salad Mandarin Oranges  Cheese Crackers	30 Pancakes Cinnamon Apples  Meatloaf California Blend Pears Dinner Roll  Early Dismissal 12:30	31 English Muffin Peanut Butter Applesauce  Hamburger Stroganoff Peas Fruit Cocktail  Tropical Fruit Milk		