



Head Start/Early Head Start January 2021 Menu-revised

Cereal Choices: Cheerios or
Reduced Sugar Cinnamon Toast Crunch

Menus created Karen Mazza, RD, LDN, SNS

| Monday 4 th | Tuesday 5 th | Wednesday 6 th | Thursday 7 th | Friday 8 th |
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| NO SCHOOL | Breakfast: Pancake Sausage Wrap, Mandarin Oranges Lunch: Grilled Cheese Sandwich, Whole Kernel Corn, Chilled Mixed Fruit | Breakfast: Chicken Croissant, Banana Lunch: Turkey Bacon Cheese Croissant, Broccoli w/Cheese, Cupped Peaches | Breakfast: Cereal, Cupped Peaches Lunch: BBQ Pork Sandwich w/Mac & Cheese, Sweet Potato Fries, Strawberries | Breakfast: French Toast Sticks (prepackaged), Juice Lunch: Hamburger, Southern Baked Beans, *Fresh Fruit |
| Monday 11th | Breakfast: Pancake Sausage Wrap, Applesauce Lunch: Chicken Parmesan Wrap, Crinkle Cut Potatoes, Juice | Breakfast: Chicken Griddle, Banana Lunch: Manager's Choice , Broccoli w/Cheese, Chilled Mixed Fruit | Breakfast: Cereal, Juice Lunch: Teriyaki Beef Bowl w/Yakisoba Noodles, Whole Kernel Corn, Chilled Pears | Breakfast: French Toast Sticks, Cupped Peaches Lunch: Baked Chicken Spaghetti w/Breadstick, Green Beans w/Bacon, Strawberries |
| Monday 18th | Breakfast: Sausage Croissant, Cupped Pineapple Lunch: Buffalo Chicken Mac & Cheese w/Breadstick, Green Beans w/Bacon, Applesauce | Breakfast: Cereal, Mandarin Oranges Lunch: Manager's Choice , Whole Kernel Corn, Strawberries | Breakfast: Ham & Cheese Biscuit, Juice Lunch: Chicken Fajita Bowl, Cheesy Refried Beans, Cupped Pears | Breakfast: French Toast Sticks, Cupped Peaches Lunch: Cheese Filled Breadsticks w/Marinara, Fresh Broccoli Florets, Chilled Mixed Fruit |
| Monday 25th | Breakfast: Pancake Sausage Wrap, Mandarin Oranges Lunch: Grilled Cheese Sandwich, Whole Kernel Corn, Chilled Mixed Fruit | Breakfast: Chicken Croissant, Banana Lunch: Turkey Bacon Cheese Croissant, Broccoli w/Cheese, Cupped Peaches | Breakfast: Cereal, Cupped Peaches Lunch: BBQ Pork Sandwich w/Mac & Cheese, Sweet Potato Fries, Strawberries | Breakfast: French Toast Sticks (prepackaged), Juice Lunch: Hamburger, Southern Baked Beans, *Fresh Fruit |

This institution is an equal opportunity provider.

*Fresh Fruit – No fruit with pits, no grapes, no whole apples
Fresh Vegetables – no carrots or celery
No Peanut Butter/PBJ Uncrustable
1% unflavored milk is offered at breakfast and lunch daily.
½ cup vegetables and fruits for both Head Start and Early Head Start for Lunch
½ cup fruits for Head Start and Early Head Start for Breakfast
All Grains are Whole Grain Rich except Baked Spaghetti.