

Head Start/Early Head Start January 2021

Kelly Urbanik RD, CSP, CNSC, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk: 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. Juice: 100% juice offered for all servings. Condiments: offered as needed.				
This institution is an equal opportunity provider. Menu Subject to Change.				
4 Breakfast: Whole Grain Waffle Sticks, Pineapples, Milk Entrée: Baked Sliced Ham, Green Beans, Pears, Whole Wheat Roll, Milk Snack: Turkey, Sliced Cheese	5 Breakfast: Special K, Applesauce, Milk Entrée: Lasagna, Green Beans, Fruit Salad, Italian Bread, Milk Snack: Whole Grain Pita, Ham	6 Breakfast: Sausage Egg & Cheese Biscuit, Orange Slices, Milk Entrée: Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, Whole Wheat Roll, Milk Snack: Whole Wheat Bread, Peanut Butter/Jelly	7 Breakfast: Banana Muffin, Cranberry Juice, Milk Entrée: Breaded Fish, Broccoli, Apple Slices, Cornbread, Milk Snack: Pears, Cottage Cheese	8 Breakfast: French Toast Sticks, Banana, Milk Entrée: Meatloaf, Gravy, Mashed Potatoes, Broccoli, Pineapples, Milk Snack: Whole Wheat Crackers, Tropical Fruit
11 Breakfast: Whole Grain Waffle Sticks, Cinnamon Apples, Milk Entrée: Ham, Macaroni and Cheese, Broccoli, Apple Slice, Milk Snack: Cottage Cheese, Pineapple	12 Breakfast: Cheerios, Mandarin Oranges, Milk Entrée: Chicken Nuggets, Mashed Potatoes, Peaches, Milk Snack: Applesauce, Whole Grain Muffin	13 Breakfast: Sausage Egg & Cheese Biscuit, Pineapples, Milk Entrée: Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk Snack: ½ Turkey Sandwich on Whole Wheat Bread	14 Breakfast: Corn Flakes, Cantaloupe, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk Snack: Fresh Apple Slices, Yogurt Cup	15 Breakfast: French Toast Sticks, Seasonal Fresh Fruit, Milk Entrée: Beef Tot-chos bowl, Mixed Vegetables, Pears, Milk Snack: Cornbread Muffin, Milk
18 Breakfast: Whole Grain Waffle Sticks, Mandarin Oranges, Milk Entrée: Sloppy Joe on Whole Grain Bun, Mixed Vegetables, Peaches, Milk Snack: Hard Boiled Egg, Apricots	19 Breakfast: Whole Grain English Muffin, Applesauce, Milk Entrée: Barbecue Chicken, Rice, Italian Green Beans, Pears, Milk Snack: Soft Whole Wheat Tortilla, Cheese	20 Breakfast: Sausage Egg & Cheese Biscuit, Cantaloupe, Milk Entrée: Cheese Burger, Sweet Potato Fries, Applesauce, Whole Wheat Bun, Milk Snack: Fresh Apple Slices, Yogurt Cup	21 Breakfast: Blueberry Muffin, Banana, Milk Entrée: Spaghetti w/Meat Sauce, Green Beans, Applesauce, Italian Bread, Milk Snack: Soft Whole Wheat Tortilla, Cheese	22 Breakfast: French Toast Sticks, Sliced Cheese, Seasonal Fresh Fruit, Milk Entrée: Popcorn Chicken & Waffles, Vegetable Medley, Tropical Mixed Fruit, Milk Snack: ½ Ham Sandwich on Whole Wheat Bread
25 Breakfast: Whole Grain Waffle Sticks, Peaches, Milk Entrée: Roast Pork, Steamed Carrots, Mixed Fruit, Biscuit, Milk Snack: Whole Grain Fish Crackers, Applesauce	26 Breakfast: Blueberry Muffin, Pears, Milk Entrée: Turkey Sandwich, Whole Wheat Bread, Oven Fries, Pears, Milk Snack: Whole Grain Crackers, Orange Juice	27 Breakfast: Sausage Egg & Cheese Biscuit, Orange Wedges, Milk Entrée: Ham and Cheese Sandwich, Pineapples, Mixed Vegetables, Milk Snack: Applesauce, Whole Grain Muffin	28 Breakfast: Whole Grain Bagel, Apple Slices, Milk Entrée: Rib B Q, Vegetable Medley, Peaches, Whole Grain Roll, Milk Snack: Sun Chips, Milk	29 Breakfast: French Toast Sticks, Mandarin Oranges, Milk Entrée: Hamburger, Baked Beans, Fruit Salad, Whole Wheat Bun, Milk Snack: Sliced Turkey, Fruit Cocktail