

# \*Head Start Sumter Menu January 10 – February 4, 2022\*

Menu Subject to Change.

Menus Created by Sumter County School District

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| <b>Head Start staff must check with school manager and/or school staff for correct portion sizes for items. For example, how many chicken nuggets, cheese sticks, etc. are to be served to count as 1 serving, what size scoop or spoodle is to be used for serving spaghetti?</b> |   |  |   |  |
| <b>**Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.</b>  | <b>*Fresh Fruit – No fruit with pits, no grapes, no whole apples</b>  | <b>All our grain &amp; bread products at breakfast &amp; lunch are whole-grain rich.☺</b>  | <b>Milk: 1% White milk offered at breakfast and lunch daily for children over 2.</b>  | <b>Juice: All juice/juice blends are 100% juice</b>  |
| <b>10</b><br><br><b>Breakfast:</b> Cheerios, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Chicken Poppers, Mashed Potatoes, Corn, Banana, Milk   | <b>11</b><br><br><b>Breakfast:</b> Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk<br><br><b>Lunch:</b> Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk | <b>12</b><br><br><b>Breakfast:</b> Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk<br><br><b>Lunch:</b> Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk | <b>13</b><br><br><b>Breakfast:</b> Mini Muffin Loaf, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Uncrustable PB&J, Green Beans, Peaches, Milk            | <b>14</b><br><br><b>Breakfast:</b> Coco Cherry Bar, Cheese Stick, Banana, Milk<br><br><b>Lunch:</b> Pizza Sticks, Corn, Orange, Milk |
| <b>17</b><br><br><b>HOLIDAY<br/>NO SCHOOL</b>  | <b>18</b><br><br><b>Breakfast:</b> Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk<br><br><b>Lunch:</b> BBQ Meatball Sub, Green Beans, Apple Slices, Milk            | <b>19</b><br><br><b>Breakfast:</b> Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk<br><br><b>Lunch:</b> Teriyaki Chicken, Brown Rice OR Wrap, Broccoli, Applesauce OR Juice, Milk   | <b>20</b><br><br><b>Breakfast:</b> Mini Muffin Loaf, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Beef Teriyaki Nuggets, Green Beans, Peaches, Milk       | <b>21</b><br><br><b>Breakfast:</b> Coco Cherry Bar, Cheese Stick, Banana, Milk<br><br><b>Lunch:</b> Pizza Sticks, Corn, Orange, Milk |
| <b>24</b><br><br><b>Breakfast:</b> Cheerios, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Chicken Nuggets, Tater Tots, Banana, Milk  | <b>25</b><br><br><b>Breakfast:</b> Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk<br><br><b>Lunch:</b> Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk | <b>26</b><br><br><b>Breakfast:</b> Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk<br><br><b>Lunch:</b> Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk | <b>27</b><br><br><b>Breakfast:</b> Mini Muffin Loaf, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Pasta Marinara w/ Meatballs, Green Beans, Peaches, Milk | <b>28</b><br><br><b>Breakfast:</b> Coco Cherry Bar, Cheese Stick, Banana, Milk<br><br><b>Lunch:</b> Pizza Sticks, Corn, Orange, Milk |
| <b>31</b><br><br><b>Breakfast:</b> Cheerios, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Chicken Poppers, Mashed Potatoes, Corn, Banana, Milk   | <b>1</b><br><br><b>Breakfast:</b> Taco Egg w/Cheese OR Mini Cinnamon Roll, Peaches, Milk<br><br><b>Lunch:</b> Soft Shell Taco w/ Cheese, Refried Beans, Apple Slices, Milk  | <b>2</b><br><br><b>Breakfast:</b> Cheese Omelet OR Eggs w/ Bacon & Cheese, Flatbread, Orange, Milk<br><br><b>Lunch:</b> Tangerine Chicken, Brown Rice OR Wrap, Broccoli, Apple Sauce OR Juice, Milk  | <b>3</b><br><br><b>Breakfast:</b> Mini Muffin Loaf, Cheese Stick, Juice, Milk<br><br><b>Lunch:</b> Uncrustable PB&J, Green Beans, Peaches, Milk             | <b>4</b><br><br><b>Breakfast:</b> Coco Cherry Bar, Cheese Stick, Banana, Milk<br><br><b>Lunch:</b> Pizza Sticks, Corn, Orange, Milk  |

This institution is an equal opportunity provider