

Head Start / Early Head Start January 2020

Menu Subject to Change.

Menus created by Karen Mazza, RDN, LDN, SNS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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?</p>				
<p>*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.</p>	<p>*Fresh Fruit – No fruit with pits, no grapes, no whole apples</p>	<p>All our grain & bread products at breakfast & lunch are whole-grain rich.☺</p>	<p>Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole milk will be served for children aged 1-2.</p>	<p>Juice: All juice/juice blends are 100% juice</p>
<p>6</p> <p>Breakfast: Pancake Sausage Wrap, Juice, Milk</p> <p>Entrée: Chicken Fryzz, Breadstick, Green Beans w/ Bacon, Chilled Peaches</p>	<p>7</p> <p>Breakfast: Cereal, Chilled Peaches, Milk</p> <p>Entrée: Ham & Cheese Wrap, Potato Wedges, Frozen Strawberry Cup, Milk</p>	<p>8</p> <p>Breakfast: Chicken Croissant, Mandarin Orange, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Broccoli w/ Cheese, Chilled Pineapples, Milk</p>	<p>9</p> <p>Breakfast: Eggstravaganza, Toast, Chilled Mixed Fruit, Milk</p> <p>Entrée: Chicken Nachos, Seasoned Black Beans, Applesauce, Milk</p>	<p>10</p> <p>Breakfast: French Toast Bites, Juice, Milk</p> <p>Entrée: Turkey & Cheese Croissant, Glazed Carrots, Fresh Fruit, Milk</p>
<p>13</p> <p>Breakfast: Cereal, Frozen Strawberry Cup, Milk</p> <p>Entrée: Mini Hot Dogs, Sweet Baked Beans, Chilled Peaches, Milk</p>	<p>14</p> <p>Breakfast: Sausage Biscuit, Fresh Fruit, Milk</p> <p>Entrée: Roasted Chicken, Cornbread, Glazed Carrots, Juice, Milk</p>	<p>15</p> <p>Breakfast: Chicken Griddle, Juice, Milk</p> <p>Entrée: French Bread Pizza w/ Marinara Sauce, Potato Wedges, Chilled Mixed Fruit, Milk</p>	<p>16</p> <p>Breakfast: Sausage Morning Roll, Chilled Mixed Fruit, Milk</p> <p>Entrée: Asian Chicken Bowl w/Yakisoba Noodles, Broccoli w/Cheese, Chilled Pears, Milk</p>	<p>17</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Mozzarella Cheese Sticks, Marinara Sauce, Glazed Carrots, Chilled Pineapple, Milk</p>
<p>20</p> <p style="text-align: center;">Holiday NO SCHOOL</p>	<p>21</p> <p>Breakfast: Chicken Biscuit, Chilled Pineapple, Milk</p> <p>Entrée: Pork Street Tacos, Whole Kernel Corn, Frozen Strawberry Cup, Milk</p>	<p>22</p> <p>Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Green Beans w/ Bacon, Fresh Fruit, Milk</p>	<p>23</p> <p>Breakfast: Waffles, Juice, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Green Beans w/ Bacon, Fresh Fruit, Milk</p>	<p>24</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Green Beans w/ Bacon, Fresh Fruit, Milk</p>
<p>27</p> <p>Breakfast: Pancake Sausage Wrap, Juice, Milk</p> <p>Entrée: Chicken Fryzz, Breadstick, Green Beans w/ Bacon, Chilled Peaches</p>	<p>28</p> <p>Breakfast: Cereal, Chilled Peaches, Milk</p> <p>Entrée: Ham & Cheese Wrap, Potato Wedges, Frozen Strawberry Cup, Milk</p>	<p>29</p> <p>Breakfast: Chicken Croissant, Mandarin Orange, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Broccoli w/ Cheese, Chilled Pineapples, Milk</p>	<p>30</p> <p>Breakfast: Eggstravaganza, Toast, Chilled Mixed Fruit, Milk</p> <p>Entrée: Chicken Nachos, Seasoned Black Beans, Applesauce, Milk</p>	<p>31</p> <p>Breakfast: French Toast Bites, Juice, Milk</p> <p>Entrée: Turkey & Cheese Croissant, Glazed Carrots, Fresh Fruit, Milk</p>

This institution is an equal opportunity provider.