



JANUARY | 2020

Head Start Breakfast Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 	31	1	2	3 
6 WG Cereal Fruit	7 WG Pancake Fruit	8 WG Maple Waffle Fruit	9 WG Bagel Yogurt Fruit	10 WG Toast Peanut Butter
13 WG Cereal Fruit	14 W.G. French Toast Fruit	15 WG Blueberry Waffle Fruit	16 W.G. Blueberry Muffin Fruit	17 WG English Muffin Fruit
20 No School	21 WG Pancake Fruit	22 WG Maple Waffle Fruit	23 WG Bagel Yogurt Fruit	24 WG Toast Peanut Butter
27 WG Cereal Fruit	28 W.G. French Toast Fruit	29 WG Blueberry Waffle Fruit	30 W.G. Blueberry Muffin Fruit	31 WG English Muffin Fruit



Menu is subject to change



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Head Start Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30



31

1

2

3



6

Chicken Tenders
Green Beans
WG Crackers
Sliced Peachers

7

Hot Dog
French Fries
Grapes

8

Walking Taco's
Refried Beans
Lettuce & Tomato
Diced Pears

9

Pizza
Broccoli & Cauliflower
Orange Slices

10

Chili Cheese Fries
Applesauce Cup
Frozen
Graham Cracker's

13

Mini Corn Dogs
Veggie Sticks
Mixed Fruit

14

French Bread Pizza
Tossed Salad
Pineapple Tidbits

15

Boneless Chicken Wings
WG Cracker
Corn
Mandarin Oranges

16

Pizza Sticks
Peach Cup
Veggie Sticks

17

Sub Sandwich
Veggie Sticks
Applesauce Cup

20

No School

21

Chicken Nuggets
WG Crackers
Green Beans
Grapes

22

French Toast Sticks
Sausage
Hashbrowns
Apple Slices

23

Calzone
Veggie Sticks
Mandarin Oranges

24

Soft Taco
Refried beans
Lettuce & Tomato
Diced Pears

27

Bosco Sticks
Broccoli & Cauliflower
Apple

28

Cheeseburger
Potato Smiles
Mixed Fruit Cup

29

Chicken Strip
WG Roll
Corn
Banana

30

Pizza
Veggie Sticks
Diced Peaches

31

Texas Straw Hats
Refried Beans
Lettuce & Tomato
Clementine

