

HEAD START JANUARY BREAKFAST MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>2</u> NO SCHOOL	<u>3</u> W.G. Cereal Fruit	<u>4</u> W.G Blueberry Waffle Fruit	<u>5</u> W.G Bagel Yogurt Fruit	<u>6</u> W.G English Muffin Fruit
<u>9</u> W.G. Cereal Fruit	<u>10</u> W.G Pancake Fruit	<u>11</u> W.G. Maple Waffle Fruit	<u>12</u> W.G Blueberry Muffin Fruit	<u>13</u> NO SCHOOL
<u>16</u> NO SCHOOL	<u>17</u> W.G French Toast Fruit	<u>18</u> W.G Blueberry Waffle Fruit	<u>19</u> W.G Bagel Yogurt Fruit	<u>20</u> W.G English Muffin Fruit
<u>23</u> W.G. Cereal Fruit	<u>24</u> W.G Pancake Fruit	<u>25</u> W.G. Maple Waffle Fruit	<u>26</u> W.G Blueberry Muffin Fruit	<u>27</u> W.G. Toast Peanut Butter Fruit
<u>30</u> W.G. Cereal Fruit	<u>31</u> W.G Pancake Fruit	<u>30</u> W.G. Maple Waffle Fruit		

THIS INSTITUTION IS AN
EQUAL OPPORTUNITY
PROVIDER

MENU SUBJECT TO
CHANGE



HEAD START JANUARY LUNCH MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Crispito Tossed Salad Apple Slices Milk	4 Chicken Sandwich French Fries Diced Pears Milk	5 Tony's Pizza Veggie Sticks Applesauce Milk	6 Bosco Sticks Marinara Cup Peas Diced Peaches Milk
9 Hot Dog Baked Beans Mixed Fruit Milk	10 Texas Straw Hat Refried Beans Lettuce & Tomato Pineapple Tidbits Milk	11 French Toast Sticks Hash Brown Sausage Patty Mandarin Oranges Milk	12 Pizza Veggie Sticks Apple Slices Milk	13 No School
16 No School	17 Soft Taco Lettuce & Tomato Strawberry Cup Milk	18 Rotini W.G Breadstick Cucumbers Apple Milk	19 Round Pizza Veggie Slicks Diced Pears Milk	20 Sub Sandwich Veggie Sticks Applesauce Cup Milk
23 Cheeseburger Fries or Tots Grapes Milk	24 Walking Taco Lettuce & Tomato Applesauce Milk	25 Macaroni & Cheese W.G Roll Broccoli Pineapple Tidbits Milk	26 French Bread Pizza Tossed Salad Diced Peaches Milk	27 Mini Corn Dogs Baked Beans Mandarin Oranges Milk
30 Hot Ham & Cheese Croissant Cherry Tomatoes Mixed Fruit Milk	31 Chicken Nuggets Graham Cracker Tossed Salad Diced Pears Milk			

**THIS INSTITUTION IS AN EQUAL
OPPORTUNITY PROVIDER**

ALL LUNCHES SERVED WITH 8oz
1% OR SKIM MILK

