

JANUARY 2023 MENU

Monday	Tuesday	Wednesday	Thursday
	3	4	5
	<u>Breakfast</u> Corn Flakes Peaches <u>Lunch</u> Ham/Bun Peas Pears <u>Snack</u> Cheddar Cheese Sticks	<u>Breakfast</u> Waffles Mandarin Oranges <u>Lunch</u> Popcorn Chicken Mashed Potatoes/Corn Fruit Cocktail <u>Snack</u> Muffins	<u>Breakfast</u> Oatmeal Applesauce <u>Lunch</u> Cheeseburgers/Bun Carrots Peaches <u>Snack</u> Yogurt/Graham Crackers
9	10	11	12
<u>Breakfast</u> Rice Krispies Peaches <u>Lunch</u> Turkey/Bun Broccoli Peas <u>Snack</u> Chex Mix/Applesauce	<u>Breakfast</u> Yogurt/Graham Crackers Pineapple <u>Lunch</u> Chili Mac Corn Fruit Cocktail <u>Snack</u> Cereal	<u>Breakfast</u> Cheerios Bananas <u>Lunch</u> Chicken Patties/Bun Green Beans Peaches <u>Snack</u> Goldfish Crackers/Pears	<u>Breakfast</u> French Toast Sticks Mandarin Oranges <u>Lunch</u> Fish Sticks Mashed Potatoes Applesauce/Bread <u>Snack</u> Yogurt/Berries
16	17	18	19
<u>Breakfast</u> Corn Flakes Peaches <u>Lunch</u> Ham/Bun Peas Pears <u>Snack</u> Crackers/Mixed Fruit	<u>Breakfast</u> Muffins Mandarin Oranges <u>Lunch</u> Popcorn Chicken Mashed Potatoes Fruit Cocktail/Bread <u>Snack</u> Yogurt/Pineapple	<u>Breakfast</u> Oatmeal Applesauce <u>Lunch</u> Pasta/Meatballs/Sauce Green Beans Peaches <u>Snack</u> Chex Mix/Cheese	<u>Breakfast</u> Waffles Fruit Cocktail <u>Lunch</u> Cheeseburgers/Bun Cucumbers Peas <u>Snack</u> Muffins
23	24	25	26
<u>Breakfast</u> Corn Chex Peas <u>Lunch</u> Sun Butter/Jelly Sandwiches Peas Fruit Cocktail <u>Snack</u> Turkey/Cheese Slices	<u>Breakfast</u> Yogurt/Pineapple Graham Crackers <u>Lunch</u> Chicken Patties/Bun Green Beans Applesauce <u>Snack</u> Crackers/Applesauce	<u>Breakfast</u> Rice Krispies Bananas <u>Lunch</u> Sloppy Joes/Bun Corn Peaches <u>Snack</u> Yogurt/Mixed Fruit	<u>Breakfast</u> French Toast Mandarin Oranges <u>Lunch</u> Sweet & Sour Chicken Brown Rice/Broccoli Peas <u>Snack</u> Graham Crackers/Bananas
30	31		
<u>Breakfast</u> Cheerios Mandarin Oranges <u>Lunch</u> Turkey/Bun Carrots Peas <u>Snack</u> Crackers/Cheese Sticks	<u>Breakfast</u> Muffins Applesauce <u>Lunch</u> Taco Hotdish Corn Fruit Cocktail/Bread <u>Snack</u> Yogurt/Peaches		

All meals served with milk and water

All bread/grain is whole grain

All meals are subject to change

Head Start/Early Head Start is an equal opportunity provider