



January 2023 Breakfast, Lunch and Snack Menu



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| <p>2</p> <p style="text-align: center;">EHS Closed New Year's Day</p> | <p>3</p> <p>Breakfast: Corn Flakes, Peaches, Milk Lunch: Chicken Patty, WG Bun, Peas, Pears, Milk Snack: Cheddar Cheese Stick</p> | <p>4</p> <p>Breakfast: WG Waffles, Mandarin Oranges, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Corn, Fruit Cocktail, Milk Snack: Muffin, Milk</p> | <p>5</p> <p>Breakfast: Oatmeal, Applesauce, Milk Lunch: Cheeseburger, WG Bun, Carrots, Peaches, Milk Snack: Yogurt, Graham Crackers</p> | <p>6</p> <p>Breakfast: WG Muffin, Mixed Fruit, Milk Lunch: Open-faced Sloppy Joe, WG Bread, Corn, Pears, Milk Snack: WG Crackers, Milk</p> |
| <p>9</p> <p>Breakfast: Rice Krispies, Peaches, Milk Lunch: Turkey Sandwich on WG Bun, Broccoli, Pears, Milk Snack: WG Chex Mix, Applesauce</p> | <p>10</p> <p>Breakfast: Yogurt, WG Graham Crackers, Pineapples, Milk Lunch: Chili Mac WG, Corn, Fruit Cocktail, Milk Snack: WG Cereal, Milk</p> | <p>11</p> <p>Breakfast: WG Cheerios, Banana, Milk Lunch: Chicken Patty, WG Bun, Green Beans, Peaches, Milk Snack: Pears, WG Crackers</p> | <p>12</p> <p>Breakfast: WG French Toast Sticks, Mandarin Oranges, Milk Lunch: Fish Sticks, Mashed Potatoes, WG Bread/Butter, Applesauce, Milk Snack: Yogurt, Berries</p> | <p style="text-align: center;">EHS Closed</p> |
| <p>16</p> <p>Breakfast: WG Corn Flakes, Peaches, Milk Lunch: Ham, WG Bun, Pears, Pears, Milk Snack: WG Crackers, Mixed Fruit</p> | <p>17</p> <p>Breakfast: WG Muffin, Mandarin Oranges, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Fruit Cocktail, WG Bread, Milk Snack: Yogurt, Pineapples</p> | <p>18</p> <p>Breakfast: Oatmeal, Applesauce, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Peaches, Milk Snack: WG Chex Mix, Cheese</p> | <p>19</p> <p>Breakfast: WG Waffle, Fruit Cocktail, Milk Lunch: Cheeseburger, WG Bun, Cucumbers, Pears, Milk Snack: WG Muffin, Milk</p> | <p>20</p> <p>Breakfast: Rice Krispies, Peaches, Milk Lunch: Sloppy Joes, Corn, WG Bun, Mixed Fruit, Milk Snack: WG Crackers, Milk</p> |
| <p>23</p> <p>Breakfast: Corn Chex, Pears, Milk Lunch: WG Bread, Sunbutter and Jelly, Peas, Fruit Cocktail, Milk Snack: Turkey Cheese Slices</p> | <p>24</p> <p>Breakfast: Yogurt, Pineapple, WG Graham Crackers, Milk Lunch: Chicken Patty, WG Bun/Butter, Applesauce, Green Beans, Milk Snack: WG Crackers, Applesauce</p> | <p>25</p> <p>Breakfast: Rice Krispies, Banana, Milk Lunch: Sloppy Joes, WG Bun, Corn, Peaches, Milk Snack: Yogurt, Mixed Fruit</p> | <p>26</p> <p>Breakfast: WG French Toast, Mandarin Oranges, Milk Lunch: Sweet & Sour Chicken, WG Brown Rice, Broccoli, Pears, Milk Snack: WG Graham Crackers, Banana</p> | <p style="text-align: center;">EHS Closed</p> |
| <p>30</p> <p>Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Turkey, WG Bun, Carrots, Pears, Milk Snack: WG Crackers, Cheese Stick</p> | <p>31</p> <p>Breakfast: WG Muffin, Applesauce, Milk Lunch: WG Taco Hotdish, Corn, Fruit Cocktail, WG Bread, Milk Snack: Yogurt, Peaches</p> | <p style="text-align: center;">Lunch is served with Skim Milk or Whole Milk and Water. All bread/grain is whole grain. All meals are subject to change.</p> <p style="text-align: center;">"Head Start/Early Head Start is an equal opportunity provider."</p> | | |

