



January, 2024 Early Head Start Center Breakfast, Lunch & Snack Menu



<p>1.</p> <p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>	<p>2</p> <p>Breakfast: Cheerios, Mandarin Oranges, Milk Lunch: Turkey Sandwich, Bread, Peas, Pears, Milk Snack: Cheese stick, Crackers</p>	<p>3</p> <p>Breakfast: Yogurt, Peaches, Milk Lunch: Meatballs and Gravy, Mashed Potatoes, Corn, Bread, Milk Snack: Cheez-Its, Fruit Cocktail</p>	<p>4</p> <p>Breakfast: Waffle, Applesauce, Milk Lunch: Popcorn Chicken, Noodles, Green Beans, Pineapple, Milk Snack: Oranges, Graham Crackers</p>	<p>5</p> <p>Breakfast: Toast and Jelly, Pears, Milk Lunch: Sloppy Joe, Bun, Corn, Peaches Milk Snack: Yogurt, Crackers</p>
<p>8</p> <p>Breakfast: Rice Krispies, Pears, Milk Lunch: Ham Sandwich, Bread, Peas, Applesauce, Milk Snack: Pretzels, Fruit</p>	<p>9</p> <p>Breakfast: WG Muffin, Peaches, Milk Lunch: Chicken Patty,, Brown Rice, Broccoli, Fruit Cocktail, Milk Snack: Goldfish Crackers, Milk</p>	<p>10</p> <p>Breakfast: Oatmeal, Banana, Milk Lunch: Hamburger, Bun, Cucumbers, Pineapple, Milk Snack: Yogurt, Fruit</p>	<p>11</p> <p>Breakfast: Pancake, Mandarin Oranges, Milk Lunch: Chicken Noodle Soup, Crackers and Cheese, Carrots, Pears, Milk Snack: Cereal, Milk</p>	<p>12</p> <p>Breakfast: Cheerios, Mixed Fruit, Milk Lunch: Meat & Chees Crackers, Mixed Fruit Green Beans, Milk Snack: Teddy Grahams, Milk</p>
<p>15</p> <p>Breakfast: Corn Flakes, Peaches, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Apples, Milk Snack: Cheez-Its, Fruit</p>	<p>16</p> <p>Breakfast: Yogurt, Berries, Milk Lunch: Taco Hotdish, Corn, Fruit Cocktail, Milk Snack: Graham Crackers, Milk</p>	<p>17</p> <p>Breakfast: Kix, Mandarin Oranges, Milk Lunch: WG Pasta, Meatballs/sauce, Green Beans, Pears,, Milk Snack: Pretzels, Fruit</p>	<p>18</p> <p>Breakfast: French Toast Sticks, Applesauce, Milk Lunch: BBQ Chicken, Bread, Fresh Broccoli, Pineapple, Milk Snack: Yogurt, Crackers</p>	<p>19</p> <p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>
<p>22</p> <p>Breakfast: Cheerios, Pears, Milk Lunch: Turkey Sandwich, Bread, Corn, Applesauce,, Milk Snack: Cheese Stick, Crackers</p>	<p>23</p> <p>Breakfast: Muffin, Peaches, Milk Lunch: Sweet and Sour Chicken, Brown Rice, Carrots, Pineapple, Milk Snack: Teddy Grahams, Milk</p>	<p>24</p> <p>Breakfast: Oatmeal, Fruit Cocktail, Milk Lunch: Sloppy Joe, Bun, Cucumbers, Pears, Milk Snack: Chex Mix, Apples</p>	<p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>	<p style="text-align: center; color: red; font-weight: bold;">EHS CLOSED</p>
<p>29</p> <p>Breakfast: Rice Krispies, Mandarin Oranges, Milk Lunch: Ham Sandwich, Bread, Peas, Pears, Milk Snack: Applesauce, Crackers</p>	<p>30</p> <p>Breakfast: Yogurt, Pineapple, Milk Lunch: Chicken Tortilla Soup, Corn Crackers, Peaches, Milk Snack: Cheese and Crackers</p>	<p>31</p> <p>Breakfast: Corn Chex, Banana, Milk Lunch: Cheeseburger, Bun, Carrots, Fruit Cocktail, Milk Snack: Muffin, Milk</p>		

Lunch is served with Skim Milk or Whole Milk and Water.
All bread/grain is whole grain.
All meals are subject to change.

"Head Start/Early Head Start is an equal opportunity