

January 2025 Menu  
Breakfast, Lunch & Snack Menu



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|--|--|---|--|---|
|  |  | 1<br><b>EHS CLOSED</b>  | 2<br><b>Breakfast:</b> Rice Krispies, Pears, Milk<br><b>Lunch:</b> Meatballs & Gravy, WG Noodles, Green Beans, Peaches, Milk<br><b>Snack:</b> Yogurt, Crackers | 3<br><b>Breakfast:</b> Pancakes, Applesauce, Milk<br><b>Lunch:</b> Chicken & Rice Soup, Crackers, Carrots, Pears, Milk<br><b>Snack:</b> Cheesestick, Fruit          |
| 6<br><b>Breakfast:</b> Cheerios, Peaches, Milk<br><b>Lunch:</b> Turkey, WG Bread, Peas, Pears, Milk<br><b>Snack:</b> Pretzels, Cheesestick                               | 7<br><b>Breakfast:</b> Yogurt, Berries, Milk<br><b>Lunch:</b> Taco Hotdish, Corn, Fruit Cocktail, Milk<br><b>Snack:</b> Teddy Grahams, Milk            | 8<br><b>Breakfast:</b> Waffle, Applesauce, Milk<br><b>Lunch:</b> Chicken Patty, Mashed Potatoes, Green Beans, Pineapple, Milk<br><b>Snack:</b> Cheez-its, Pears           | 9<br><b>Breakfast:</b> Oatmeal, Banana, Milk<br><b>Lunch:</b> Hamburger, WG Bun, Carrots, Peaches, Milk<br><b>Snack:</b> WG Graham Crackers, Mixed Fruit       | 10<br><b>EHS CLOSED</b>   |
| 13<br><b>Breakfast:</b> Corn Flakes, Mandarin Oranges, Milk<br><b>Lunch:</b> Ham & Cheese, WG Bread, Peas, Pears, Milk<br><b>Snack:</b> Chex Mix, Applesauce             | 14<br><b>Breakfast:</b> Muffin, Fruit Cocktail, Milk<br><b>Lunch:</b> BBQ Chicken, Brown Rice, Corn, Pineapple, Milk<br><b>Snack:</b> Cheese, Crackers | 15<br><b>Breakfast:</b> Cheerios, Applesauce, Milk<br><b>Lunch:</b> Meatballs and Sauce, WG Pasta, Green Beans, Peaches, Milk<br><b>Snack:</b> Yogurt, Graham Crackers    | 16<br><b>Breakfast:</b> Pancakes, Berries, Milk<br><b>Lunch:</b> Fish Nuggets, WG Bun, Cucumbers, Fruit Cocktail, Milk<br><b>Snack:</b> Cereal, Milk           | 17<br><b>Breakfast:</b> Turkey & Sausage Patty, Milk<br><b>Lunch:</b> Meat and Cheese, WG Crackers, Mixed Vegetables, Peaches, Milk<br><b>Snack:</b> Goldfish, Milk |
| 20<br><b>Breakfast:</b> Corn Chex, Pears, Milk<br><b>Lunch:</b> Turkey, WG Bread, Carrots, Peaches, Milk<br><b>Snack:</b> Pretzels, Cheese                               | 21<br><b>Breakfast:</b> Yogurt, Fruit Cocktail, Milk<br><b>Lunch:</b> Sloppy Joe, WG Bun, Peas, Pears, Milk<br><b>Snack:</b> Crackers, Milk            | 22<br><b>Breakfast:</b> WG Oatmeal, Applesauce, Milk<br><b>Lunch:</b> Sweet & Sour Chicken, Brown Rice, Broccoli, Pineapple, Milk<br><b>Snack:</b> Tortilla Chips, Salsa  | 23<br><b>Breakfast:</b> WG French Toast, Applesauce, Milk<br><b>Lunch:</b> Cheeseburger, WG Bun, Corn, Fruit Cocktail, Milk<br><b>Snack:</b> Muffin, Milk      | 24<br><b>EHS CLOSED</b>   |
| 27<br><b>Breakfast:</b> WG Cheerios, Peaches, Milk<br><b>Lunch:</b> Summer Sausage & Cheese, WG Bun, Peas, Fruit Cocktail, Milk<br><b>Snack:</b> Fresh Oranges, Crackers | 28<br><b>Breakfast:</b> Muffin, Pears, Milk<br><b>Lunch:</b> Chicken Patty, WG Bun, Corn, Applesauce, Milk<br><b>Snack:</b> Chex Mix, Cheesestick      | 29<br><b>Breakfast:</b> Turkey Sausage Patty, Pineapple, Milk<br><b>Lunch:</b> Meatballs and Sauce, WG Pasta, Green Beans, Peaches Milk<br><b>Snack:</b> Yogurt, Crackers | 30<br><b>Breakfast:</b> Waffles, Applesauce, Milk<br><b>Lunch:</b> Chicken Noodle Soup, Carrots, Crackers, Peas, Milk<br><b>Snack:</b> Cereal, Milk            | 31<br><b>Breakfast:</b> Yogurt, Fruit, Milk<br><b>Lunch:</b> Popcorn Chicken, Bread, Green Beans, Mixed Fruit, Milk<br><b>Snack:</b> Fruit, Crackers                |



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 provider."