

EHS/Head Start

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		English Muffin Mandarin Oranges Salisbury Steak w/Gravy Mashed Potatoes Diced Pears Wheat Bread Graham Crackers Yogurt	Cold Cereal Banana Turkey Meatballs Green beans Peaches Spaghetti Noodles Goldfish Unsweetened Juice	Waffle Applesauce Ravioli Salad Mix Pineapples Wheat Bread Diced Pears Cheez it Crackers
7	8	9	10	11
Pancake Diced Pears Meatloaf w/Gravy Mash Potatoes Peaches Wheat Bread Pineapples Raisin Bread	Warm Apples Cereal Chicken Patty Smiley Fries Mixed Fruit Hamburger Bun Ritz Crackers Unsweetened Juice	Mini Bagel Mixed Fruit Fish Lima Beans Mandarin Oranges Wheat Bread Applesauce Tortilla Chips	Cold Cereal Banana Cheese Pizza Corn Diced Pears Pizza Crust Goldfish Unsweetened Juice	Waffle Mandarin Oranges Tuna Fish Salad Mix Pineapples Wheat Crackers Peaches Wheat Crackers
14	15	16	17	18
Cold Cereal Peaches Meatballs Broccoli Mandarin Oranges Hot Dog Roll Diced Pears Cheez it Crackers	Oatmeal Warm Apples Turkey w/Gravy Mash Potatoes Pineapples Wheat Bread Saltine Crackers Unsweetened Juice	Cold Cereal Banana Diced Chicken w/Gravy Mixed Vegetables Mandarin Oranges Biscuits Soft Pretzel Peaches	Mini Bagel Applesauce Fish Wedge Green Beans Diced Pears Hot Dog Roll Animal Crackers Apple Juice	Raisin Bread Mixed Fruit Chicken Fajita Lettuce Mix Peaches Tortilla Wrap Yogurt Graham Crackers
21	22	23	24	25
 School Closed	Pancakes Warm Apples Cheese Pizza Mixed Fruit Green Beans Diced Pears Goldfish	English Muffins Mandarin Oranges Chicken Tenders Carrots Peaches Wheat Bread Animal Cookies Unsweetened Juice	Cereal Diced Peaches Salisbury Steak w/Gravy Peas Diced Pears Egg Noodles Applesauce Graham Crackers	Biscuit Mixed Fruit Tuna Fish Broccoli Pineapples Wheat Bread Warm Apples Raisin Bread
28	29	30	31	
Professional Day School Closed	Oatmeal Diced Peaches Chicken Patty Greens Applesauce Wheat Bread Pineapples Pretzel Twists	English Muffin Mandarin Oranges Salisbury Steak w/Gravy Mashed Potatoes Diced Pears Wheat Bread Graham Crackers Yogurt	Cold Cereal Banana Turkey Meatballs Green beans Peaches Spaghetti Noodles Goldfish Unsweetened Juice	<p>Notes:</p> Children 12 – 24 months Whole Vitamin D Milk Children over 24 months 1% Low-fat Milk Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix