



**HEADSTART/EHS**

**JANUARY 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>French Toast Warm Apples</p> <p>Fish Pineapples Greens WG Wheat Bread</p> <p>Unsweetened Juice Pretzels</p>	<p>4</p> <p>Oatmeal Peaches</p> <p>Chicken Patty Peas Mandarin Oranges WG Wheat Bread</p> <p>Applesauce Sun Chips</p>	<p>5</p> <p>English Muffin Mandarin Oranges</p> <p>Salisbury Steak Diced Pears Mashed Potatoes WG Wheat Bread</p> <p>Yogurt Graham Crackers</p>	<p>6</p> <p>Cereal Banana</p> <p>Turkey Meatballs Green beans Peaches Spaghetti</p> <p>Unsweetened Juice Cheez it</p>	<p>7</p> <p>Waffle Applesauce</p> <p>Chicken Steak Fries Mixed Fruit Hot Dog Bun</p> <p>Diced Pears Ritz Crackers</p>
<p>10</p> <p>Pancake Diced Pears</p> <p>Beef Steak Patty Mashed Potatoes Peaches WG Wheat Bread</p> <p>Applesauce Graham Crackers</p>	<p>11</p> <p>Biscuit Warm Apples Slices</p> <p>Chicken Nuggets Carrots Mixed Fruit WG Wheat Bread</p> <p>Unsweetened Juice Ritz Crackers</p>	<p>12</p> <p>Bagel Mixed Fruit</p> <p>Fish Lima Beans Mandarin Oranges WG Wheat Bread</p> <p>Diced Peaches Animal Cookies</p>	<p>13</p> <p>WG Cereal Peaches</p> <p>Diced Chicken Peas Diced Pears Noodles</p> <p>Unsweetened Juice Sun Chips</p>	<p>14</p> <p>Mandarin Oranges Waffles</p> <p>Tuna Fish Green Beans Pineapples WG Wheat crackers</p> <p>Mixed Fruit Cheese Crackers</p>
<p>17</p> <p><b>Holiday- MLK</b></p> <p><b>Schools Closed</b></p>	<p>18</p> <p>Oatmeal Peaches</p> <p>Salisbury Steak Carrots Pineapples WG Wheat Bread</p> <p>Unsweetened Juice Pretzels</p>	<p>19</p> <p>English Muffin Applesauce</p> <p>Diced Chicken Mixed Vegetable Mandarin Oranges Biscuits</p> <p>Peaches Animal Cookies</p>	<p>20</p> <p>Cereal Banana</p> <p>Fish Lima Beans Pears WG Wheat Bread</p> <p>Unsweetened Juice WG Goldfish</p>	<p>21</p> <p>Warm Apples Slices French Toast</p> <p>Chicken Patty Peas Peaches WG Wheat Bread</p> <p>Yogurt Graham Crackers</p>
<p>24</p> <p>Waffles Diced Pears</p> <p>Beef patty Vegetarian Beans Mandarin Oranges WG Hamburger Bun</p> <p>Unsweetened Juice Pretzels</p>	<p>25</p> <p>Cereal Peaches</p> <p>Turkey Meatballs Green Beans Mixed Fruit Spaghetti Noodles</p> <p>Diced Pears Goldfish</p>	<p>26</p> <p>Bagel Mandarin Oranges</p> <p>Fish Broccoli Peaches WG Wheat Bread</p> <p>Unsweetened Juice Ritz Crackers</p>	<p>27</p> <p>Pancake Warm Apples</p> <p>Salisbury Steaks Peas Pears Egg Noodles</p> <p>Yogurt Graham Crackers</p>	<p>28</p> <p>Biscuits Mixed Fruit</p> <p>Chicken Tenders Carrots Peaches WG Wheat Bread</p> <p>Applesauce Cheerios</p> <p><b>Schools Closed 1/2 day</b></p>
<p>31</p> <p>French Toast Warm Apples</p> <p>Fish Pineapples Greens WG Wheat Bread</p> <p>Unsweetened Juice Pretzels</p>	<p><b>MILK IS SERVED DAILY</b></p> <p><b>Children 12 – 24 months Whole Vitamin D Milk</b></p> <p><b>Children over 24 months 1% Low-fat Milk</b></p> <p><b>Cold Cereal = Cheerios, Corn Flakes, Rice Krispies, Corn Chex, Wheat Chex, Kix</b></p> <p><b>THIS IS A PEANUT/PEANUT PRODUCT FREE AND PORK/PORK PRODUCT FREE MENU</b></p>			



This institution is an equal opportunity provider and employer

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