Early Head Start Menu
January 2022

Monday- 3rd	Tuesday- 4th	Wednesday- 5th	Thursday- 6th	Friday- 7th
Pickup Meals for Virtual Classes **Breakfast**: Corn Bread Stars*, Pear fruit cup and Milk **Lunch:** Grape Sunbutter Sandwich, V8 Juice, Pineapple chunks cup and Milk **Snack:** Colby Jack Cheese and Graham Crackers*	**Pickup Meals for Virtual Classes** **Breakfast:** Honey Bun Goldfish, Applesauce and Milk **Lunch:** Hummus, Wheat Crackers, Fruitables Tropical Fruit Cup, and Milk **Snack**: French Toast Grahams and Mandarin Oranges Cup	**Pickup Meals for Virtual Classes** **Breakfast:** Banana Muffin*, Apple crisps and Milk **Lunch:** Strawberry Sunbutter Sandwich, V8 Juice, Applesauce, and Milk **Snack:** Cheese Crackers*, Cherry Mixed Fruit Cup	**Pickup Meals for Virtual Classes** **Breakfast:** Graham Crackers, Tropical Fruit Cup and Milk **Lunch:** Bean Dip, Sun Chips*, Fruitables, Mango Papaya Cup and Milk **Snack:** Cheese Crackers* and Craisins	**Pickup Meals for Virtual Classes** **Breakfast:** Wheat Crackers*, Pear fruit cup and Milk **Lunch:** Grape Sunbutter Sandwich Fruitables, Mandarin Orange Cup and Milk **Snack:** Blueberry Muffin* and Applesauce.
Monday- 10th **Breakfast:** Corn Flake Cereal, Apple and Milk **Lunch:** Minestrone Soup, Wheat Breadstick*, Mixed Vegetables, Kiwi and Milk **Snack:** Graham Crackers* and Mandarin Oranges	**Tuesday- 11th** **Breakfast:** Zucchini Bread*, Butter, Pear and Milk **Lunch:** Chicken Salad, Whole Wheat Bun*, Mayo, Mustard, Celery Sticks with Ranch, Orange, and Milk **Snack:** Applesauce and Pretzel Goldfish*	**Wednesday- 12th** **Breakfast:** Toasty O's Cereal*, Apple, and Milk **Lunch:** Chicken and Beef Meatball Marinara on Wheat Hoagie*, Broccoli, Pear and Milk **Snack:** Wheat Bagel*, Cream Cheese, and Orange	**Thursday-13th** **Breakfast:** Blueberry Muffin*, Banana and Milk **Lunch:** Beef Taco, Wheat Tortilla*, Shredded Lettuce, Shredded Cheese, Corn, Pear, and Milk **Snack:** Wheat Roll*, Jelly and Apple	**Friday- 14th** **Breakfast:** Corn Bread Stars*, Pear Fruit Cup and Milk **Lunch:** Sliced Roast Beef and Cheese, Wheat Bread*, Mayo, Mustard, Carrots with Ranch, Orange and Milk **Snack:** Strawberries and Raisin Bread* with Butter
Monday- 17th **Martin Luther King Jr. Day – All Programs Closed**	**Tuesday- 18th** **Breakfast:** Rice Crispy Cereal, Pear and Milk **Lunch:** Sliced Chicken Wrap with Whole Wheat Tortilla*, Mayo, Kale Salad with Mandarin Oranges and Raspberry Vinaigrette, Milk **Snack:** Apple and Sun Chips* **Tasty Tuesday Highlighted Food: Kale**	**Wednesday- 19th** **Breakfast:** Raisin Bread*, Butter, Orange, and Milk **Lunch:** Mac and Cheese with Wheat Pasta*, Peas, Pear and Milk **Snack:** Banana Bread* and Applesauce	**Thursday- 20th** **Breakfast:** Bran Muffin, Banana and Milk **Lunch:** Chicken and Butternut Squash Curry, Whole Wheat Pita*, Broccoli, Orange and Milk **Snack:** Apple and Yogurt	**Friday- 21st** **Programs Closed for Training**
Monday-24th **Breakfast:** Zucchini Bread*, Butter, Applesauce, and Milk **Lunch:** Black Beans with Plantains, Brown Rice*, Carrots with Ranch, Kiwi and Milk **Snack:** Graham Crackers* and Apple	**Tuesday- 25th** **Breakfast:** Blueberry Muffin*, Pear, and Milk **Lunch:** Lentil Sloppy Joe, Whole Wheat Bun*, Fresh Broccoli w/ Ranch, Orange and Milk **Snack:** Pretzel Goldfish* and Mixed Fruit Cup	**Wednesday-26th** **Breakfast**: Whole Wheat Biscuits* and Jelly, Apple and Milk **Lunch:** Beef and Brown Rice*, Sugar Snap Peas (HS)/ Salad (EHS) w/ Italian Dressing, Pear, and Milk **Snack:** Colby Jack Cheese, Wheat Bagel*, and Cream Cheese	**Thursday-27th** **Breakfast:** Rice Crispy Cereal, Applesauce and Milk **Lunch:** Chicken Posole, Whole Grain Tortilla*, Corn, Orange, and Milk **Snack:** Cucumber Sticks with Ranch and Sun Chips*	**Friday-28th** **Breakfast**: Banana Bread*, Pear and Milk **Lunch**: Sliced Turkey and Cheese, Wheat Bread*, Mayo, Mustard, Salad with Ranch, Strawberries and Milk **Snacks**: Yogurt and Apple
Monday-31st **Breakfast:** Corn Flake Cereal, Pear and Milk **Lunch:** Vegetarian Chili, Wheat Roll*, Mixed Vegetables, Orange and Milk **Snack:** Blueberry Muffin* and Apple	**Tuesday- 1st** **Breakfast:** Zucchini Bread*, Butter, Orange, Milk **Lunch:** Sliced Roast Beef Wrap with Cheese, Wheat Tortilla*, Shredded Lettuce, Mayonnaise, Pineapple, Zucchini with Ranch, and Milk **Snack:** Whole Wheat Biscuits*, Jelly, and Pear	**Wednesday- 2nd** **Breakfast:** Bran Muffin, Apple and Milk **Lunch:** Chicken Alfredo, Penne Pasta*, Broccoli, Pear and Milk **Snack:** Goldfish Crackers* and Applesauce	**Thursday- 3rd** **Breakfast:** Raisin Bread*, Butter, Banana and Milk **Lunch:** Turkey Enchilada with Whole Grain Tortilla*, Corn, Orange, and Milk **Snack:** Apple and Yogurt	**Friday- 4th** **Breakfast**: Toasty O's Cereal*, Pear, and Milk **Lunch**: Tuna Salad, Wheat Bun*, Carrots with Ranch, Kiwi, and Milk **Snack**: Wheat Roll* with Jelly and Peach Fruit Cup

"This institution is an equal opportunities provider."

*Whole Grain Rich Items