

# Head Start Menu

## January • Lunch

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Pizza Dippers w/ Marinara Sauce</b> Peas Applesauce 1% White Milk  <p style="text-align: right;"><b>7</b></p>	<b>Chicken Nuggets &amp; Sun Chips</b> Green Beans Mixed Fruit 1% White Milk  <p style="text-align: right;"><b>8</b></p>	<b>Chicken Burger</b> Pickles Pears 1% White Milk  <p style="text-align: right;"><b>9</b></p>	<b>Spaghetti &amp; Meat Sauce w/ Breadstick</b> Sliced Olives Kiwi Slices 1% White Milk  <p style="text-align: right;"><b>10</b></p>
<b>Cheesy Pull Apart</b> Power Salad Pears 1% White Milk  <p style="text-align: right;"><b>14</b></p>	<b>Chicken Nuggets &amp; Roll</b> Mashed Potatoes Peaches 1% White Milk  <p style="text-align: right;"><b>15</b></p>	<b>Bean &amp; Cheese Burrito</b> Power Salad Kiwi Slices 1% White Milk  <p style="text-align: right;"><b>16</b></p>	<b>Teriyaki Chicken &amp; Brown Rice</b> Peas Pineapple 1% White Milk  <p style="text-align: right;"><b>17</b></p>
<p style="text-align: center;"><b>Martin Luther King Jr. Day</b></p> <p style="text-align: right;"><b>21</b></p>	<b>Cheesy Garlic French Bread</b> Sliced Olives Pears 1% White Milk  <p style="text-align: right;"><b>22</b></p>	<b>Chicken Nuggets &amp; Sun Chips</b> Potato Emojis Apple Slices 1% White Milk  <p style="text-align: right;"><b>23</b></p>	<b>Pulled Pork Sandwich</b> Coleslaw Peaches 1% White Milk  <p style="text-align: right;"><b>24</b></p>
<b>Cheese &amp; Green Chili Quesadilla</b> Pinto Beans Peaches 1% White Milk  <p style="text-align: right;"><b>28</b></p>	<b>Chicken Nuggets &amp; Sun Chips</b> Sugar Snap Peas Applesauce 1% White Milk  <p style="text-align: right;"><b>29</b></p>	<b>Pepperoni French Bread</b> Power Salad Mixed Fruit 1% White Milk  <p style="text-align: right;"><b>30</b></p>	<b>Chili &amp; Tortilla Chips</b> Sliced Olives Pears 1% White Milk  <p style="text-align: right;"><b>31</b></p>

# Head Start Menu

January • Breakfast

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>Choc. Chip Mini French Toast</b> Diced Apricots 1% White Milk	<b>Yogurt &amp; Granola</b> Blueberries 1% White Milk	<b>Cereal &amp; String Cheese</b> Pears 1% White Milk	<b>Cinnamon Roll</b> Applesauce 1% White Milk

MENUS SUBJECT TO CHANGE  
TVUSD IS AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER