

JANUARY 2020

Head Start

Vegetable and Fruit Bar
offered Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Winter Break 1

Winter Break 2

Winter Break 3

No Students 6

Blueberry Muffin 7

Breakfast Pizza 8

Banana Chip Bar 9

Fruity Pancake Bowl 10

Soft Tacos

Chicken Alfredo/ Breadstick

Chicken/Mac-N-Cheese/Roll

Pepperoni Pizza

Pinto Beans
Apple

Corn
Peaches

Green Beans
Orange Slices

Veggie Juice
Pears

Cinnamon roll 13

Chocolate Chip 14

Sausage & Egg Wrap 15

Strawberry Cream Cheese Filled 16

Pancake/Sausage 17

Cheese Ravioli/Roll

Chicken Taquito

Chicken Sausage Patty/Waffle

Orange Chicken/Noodles

Cheeseburger

Black Beans
Mixed Fruit

Corn
Apple

Corn
Peaches

Broccoli
Orange Slices

Veggie Juice
Pears

MLK Day 20

Blueberry Muffin 21

Breakfast Pizza 22

Oatmeal Bar 23

Pancakes 24

Chicken Sandwich

Teriyaki Chicken

Pasta/Meat sauce/Breadstick

Pepperoni Pizza Wedge

Cucumber
Apple

Vegetable Fried Rice
Peaches

Green Beans
Orange Slices

Veggie Juice
Pears

Chorizo Burrito 27

Chocolate Chip Muffin 28

Sausage & Egg Wrap 29

Cinnamon Bagel 30

Pancake / Sausage 31

Cheesy Pull-A-Part

Chicken Strips/Biscuit

Toasted Ravioli/Marinara

Super Bowl Nuggets
Cornbread
Baked Beans
Sport crackers
Orange Slices

Cheeseburger

Side Salad
Mixed Fruit

Fiesta Rice Corn
Apple

Carrots
Peaches

French Fries
Veggie Juice
Pears

*All Grains are Whole Grain **Menu is Subject to Changes

This institution is an equal opportunity provider.