

JANUARY 2022

HAPPY NEW YEAR

DOVER HEAD START/ EARLY HEAD START AND WHARTON DUFFY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>B- WAFFLES APPLE JUICE L- PINTO BEANS RICE GREEN BEANS WHOLE WHEAT BREAD PEACHES S- LORNA DOONES & MILK</p>	<p>4</p> <p>B- HARD BOILED EGGS ORANGE JUICE WHOLE WHEAT BREAD L- MAC & CHEESE BROCCOLI & KERNEL CORN WHOLE WHEAT BREAD PEARS S- RITZ BITS CHEESE CRACKERS & MILK</p>	<p>5</p> <p>B- WHOLE GRAIN BAGEL LITE CREAM CHEESE CRANBERRY JUICE L- BAKED ZITI W/ MEAT SAUCE GREEN SALAD WHOLE WHEAT BREAD FRESH APPLE S- ANIMAL CRACKERS & MILK</p>	<p>6</p> <p>B- CORN MUFFIN APPLE SAUCE L- CHICKEN & RICE SOUP W/ DICED CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD FRUIT MIX S- TEDDY GRAHAM CRACKERS & MILK</p>	<p>7</p> <p>B- CORN FLAKES CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- YOGURT WITH BERRIES</p>
<p>10</p> <p>B- CORN MUFFIN APPLE SAUCE L- ROTINI PASTA W/ MEAT SAUCE BROCCOLI & KERNEL CORN WHOLE WHEAT BREAD MANDARIN ORANGE S- YOGURT W/ BERRIES</p>	<p>11</p> <p>B- FRENCH TOAST PINEAPPLE JUICE L- CHICKEN FAJITA SOFT WHEAT WRAP KERNEL CORN DICED TOMATO SHREDDED CHEESE APRICOT S- TEDDY GRAHAM CRACKERS & MILK</p>	<p>12</p> <p>B- CHEESE OMELET WHOLE WHEAT BREAD ORANGE JUICE L- MAC & CHEESE WHOLE WHEAT BREAD GREEN BEANS FRESH APPLE S- LORNA DOONES & MILK</p>	<p>13</p> <p>B- OATMEAL W/ RAISINS GRAPE JUICE L CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- WHOLE WHEAT BREAD AND HUMMUS</p>	<p>14</p> <p>B- CHEERIOS CEREAL BANANA L- CHICKEN & RICE SOUP W/ DICED CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD FRUIT MIX S- TRAIL MIX</p>
<p>17</p> <p><i>School Closed Martin Luther King Day</i></p>	<p>18</p> <p>B- PANCAKES SAUSAGE CRANBERRY JUICE L- SPAGHETTI W/ MEATBALLS WHOLE WHEAT BREAD SLICED CARROTS & PEAS FRESH ORANGE S- YOGURT W/ BERRIES</p>	<p>19</p> <p>B- OATMEAL W/ RAISINS GRAPE JUICE L- LENTILS & RICE GREEN BEANS WHOLE WHEAT BREAD FRUIT SALAD S- WHOLE WHEAT CRACKERS & CHEESE</p>	<p>20</p> <p>B- WHOLE GRAIN BAGEL W/ LITE CREAM CHEESE PINEAPPLE JUICE L- GRILLED CHEESE W/ WHOLE WHEAT BREAD TOMATO SOUP BABY CARROTS FRESH STRAWBERRIES S- TRAIL MIX</p>	<p>21</p> <p>B- RICE CRISPY CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- CUCUMBERS & HUMMUS</p>
<p>24</p> <p>B- SCRAMBLED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- ROASTED CHICKEN SWEET POTATO MIXED VEGETABLES WHOLE WHEAT BREAD DICED PEARS S- GRAHAM CRACKERS & MILK</p>	<p>25</p> <p>B- CORN MUFFIN APPLE SAUCE L- TACO PLATTER W/ GROUND MEAT WHOLE WHEAT WRAP KERNEL CORN TOMATOES & SHREDDED CHEESE DICED PEACHES S- PITA BREAD & CHEESE</p>	<p>26</p> <p>B- WHOLE WHEAT BAGEL LITE CREAM CHEESE PINEAPPLE JUICE L- HAMBURGER W/ CHEESE WHOLE WHEAT BUN FRENCH FRIES BABY CARROTS FRESH APPLE S- YOGURT W/ BERRIES</p>	<p>27</p> <p>B- YOGURT W/ STRAWBERRY SALSA DICED PEACHES BLUEBERRIES & GRAHAM CRACKER CRUMBS L- MAC & CHEESE WHOLE WHEAT BREAD BROCCOLI, KERNEL CORN APRICOT S- WHOLE WHEAT CRACKERS & CHEESE</p>	<p>28</p> <p>B- CORN FLAKES CEREAL BANANA L- CHICKEN & RICE SOUP EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD TROPICAL FRUIT S- TEDDY GRAHAM CRACKERS & MILK</p>
<p>31</p> <p>B- FRENCH TOAST GRAPE JUICE L- SALISBURY STEAK W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRESH ORANGE S- YOGURT W/ BERRIES</p>				

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the Child and Adult Care Food Program
Head Start children ages 3-5 years are served 1% or nonfat milk with meals
E.H.S. children ages 0-2 years are served whole milk with meals
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.

MENU SUBJECT TO CHANGE WITHOUT NOTICE