

# JANUARY 2023

<b>DOVER HEAD START/ EARLY HEAD START MENU</b>				
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
02  <b><u>SCHOOL CLOSED</u></b>	03 <b>B- WHOLE GRAIN WAFFLES</b> APPLE JUICE <b>L-MAC &amp; CHEESE</b> WHOLE WHEAT BREAD BROCCOLI DICED PEACHES <b>S-TEDDY GRAHAM</b> CRACKERS & MILK	04 <b>B-CORN MUFFIN</b> APPLE SAUCE <b>L- CHICKEN &amp; RICE SOUP</b> EXTRA CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD MIXED BERRIES <b>S- ANIMAL CRACKERS &amp; MILK</b>	05 <b>B-- WHOLE GRAIN BAGEL</b> LITE CREAM CHEESE PINEAPPLE JUICE <b>L- ZITI PASTA W/</b> MEAT SAUCE CARROTS & PEAS FRESH APPLE <b>S- WHOLE GRAIN</b> CRACKERS & CHEESE	06 <b>B- RICE CRISPY CEREAL</b> BANANA <b>L- CHEESE PIZZA W/ EXTRA</b> CHEESE TOSSED SALAD PINEAPPLE TIDBITS <b>S- GRAHAM CRACKERS &amp; MILK</b>
09 <b>B-SCRAMBLED EGGS</b> WHOLE WHEAT BREAD ORANGE JUICE <b>L- CHICKEN PATTY W/ CHEESE</b> WHOLE WHEAT BUN SLICED CARROTS DICED PEARS <b>S- DRIED FRUIT WITH CEREAL</b> & MILK	10 <b>B- OATMEAL</b> RAISINS GRAPE JUICE <b>L-BLACK BEANS</b> RICE WHOLE WHEAT BREAD GREEN BEANS FRUIT MIX <b>S- YOGURT &amp; DICED</b> PEACHES	11 <b>B- PANCAKES</b> SAUSAGE PINEAPPLE JUICE <b>L- MAC &amp; CHEESE</b> CAULIFLOWER WHOLE WHEAT BREAD FRESH APPLE <b>S- ANIMAL CRACKERS</b> & MILK	12 <b>B- CORN MUFFIN</b> APPLE SAUCE <b>L- ROASTED CHICKEN</b> W/ GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRESH ORANGE <b>S- PITA BREAD &amp; CHEESE</b>	13 <b>B- CHEERIOS CEREAL</b> BANANA <b>L- CHEESE PIZZA W/</b> EXTRA CHEESE SPRING MIXED SALAD PINEAPPLE TIDBITS <b>S- ANIMAL CRACKERS &amp; MILK</b>
16  <b>SCHOOL CLOSED</b>  <b>MLK JR DAY</b>	17 <b>B- HARD BOILED EGGS</b> WHOLE WHEAT BREAD ORANGE JUICE <b>L- SALISBURY STEAK</b> MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD DICED PEACHES <b>S- GRAHAM CRACKERS &amp; MILK</b>	18 <b>B- WAFFLES</b> CRANBERRY JUICE <b>L-HAMBURGER W/ CHEESE</b> WHOLE WHEAT BUN POTATO WEDGES MANDARIN ORANGE <b>S- TEDDY GRAHAM</b> CRACKERS & MILK	19 <b>B- WHOLE GRAIN BAGEL</b> LITE CREAM CHEESE PINEAPPLE JUICE <b>L- LENTILS</b> RICE GREEN BEANS WHOLE WHEAT BREAD FRESH APPLE <b>S- YOGURT &amp; BERRIES</b>	20 <b>B- CORN FLAKES CEREAL</b> BANANA <b>L-- CHEESE PIZZA W/ EXTRA</b> CHEESE TOSSED SALAD PINEAPPLE TIDBITS <b>S- DRIED FRUIT WITH</b> CEREAL & MILK
23 <b>B- OATMEAL</b> RAISINS GRAPE JUICE <b>L-CHICKEN &amp; RICE SOUP</b> DICED CHICKEN MIXED VEGETABLES WHOLE WHEAT BREAD DICED PEACHES <b>S- WHOLE GRAIN CRACKERS</b> & CHEESE	24 <b>B- YOGURT</b> BLUEBERRIES DICED PEACHES GRAHAM CRACKER CRUMBS <b>L- MAC &amp; CHEESE</b> WHOLE WHEAT BREAD BROCCOLI TROPICAL FRUIT <b>S- ANIMAL CRACKERS &amp; MILK</b>	25 <b>B- WHOLE GRAIN WAFFLES</b> PINEAPPLE JUICE <b>L- PINTO BEANS</b> RICE GREEN BEANS WHOLE WHEAT BREAD FRESH ORANGE <b>S- PITA BREAD</b> & CHEESE	26 <b>B-- WHOLE GRAIN BAGEL</b> LITE CREAM CHEESE APPLE JUICE <b>L- TACO PLATTER</b> SOFT WHOLE WHEAT WRAP GROUND BEEF KERNEL CORN/TOMATOES SHREDDED CHEESE FRUIT MIX <b>S- TEDDY GRAHAMS</b> CRAKERS & MILK	27 <b>B- RICE CRISPY CEREAL</b> BANANA <b>L- CHEESE PIZZA W/</b> EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS <b>S- YOGURT W/ DICED PEARS</b>
30 <b>B- CORN MUFFIN</b> APPLE SAUCE <b>L-CHICKEN NUGGETS</b> WHOLE WHEAT BREAD SLICED CARROTS FRESH APPLE <b>S- ANIMAL CRACKERS &amp; MILK</b>	31 <b>B- FRENCH TOAST</b> CRANBERRY JUICE <b>L- SPAGHETTI W/</b> MEAT SAUCE SLICED CARROTS & PEAS DICED PEARS <b>S- WHOLE WHEAT CRACKES</b> & CHEESE			

**"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"**  
 Portions suggested by the USDA Child and Adult Care Food Program  
 Head Start children ages 3-5 years are served 1% or nonfat milk and water 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