



HEAD START JANUARY

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 Whole Grain Pancakes Turkey Sausage Whole Grain Dino Tenders Steamed Rice Applesauce Vegetable Serving	3 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	4 Yogurt Whole Grain Granola Whole Grain Chicken Nuggets Dinner Roll Orange Slices Vegetable Serving	5 Rice Krispies Craisins Whole Grain French Toast Turkey Bacon Mandarin Oranges Vegetable Serving	6 Fresh Fruit Cup Whole Grain Zucchini Chocolate Chip Bread Whole Grain Cheese Quesidilla Turkey Sausage Sliced Cucumbers Fruit Serving
9 Scrambled Egg & Cheese Whole Grain Wrap Diced Mangos Whole Grain Mac & Cheese Turkey Slice Applesauce Vegetable Serving	10 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	11 Fruit Smoothie Whole Grain Biscuit Hamburger Whole Grain Bun American Cheese Steamed Broccoli Fruit Serving	12 Whole Grain Cheerios Fruit Cocktail Whole Grain Chicken Tenders Mac & Cheese Clementine Vegetable Serving	13 Fresh Fruit Whole Grain Carrot Bread Whole Grain Flatbread Pizza All Beef Meatballs Apple Slices Vegetable Serving
16 School Closed	17 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	18 Yogurt Whole Grain Granola Whole Grain Noodles with Broccoli Turkey Slice Diced Mango Vegetable Serving	19 Rice Krispies Craisins Whole Grain Dino Tenders Steamed Rice Roasted Pineapple Vegetable Serving	20 Fresh Fruit Cup Whole Grain Zucchini Chocolate Chip Bread Crispy Chicken Cutlet Whole Grain Bun Cheese Slice Fresh Apple Vegetable Serving
23 Scrambled Egg & Cheese Whole Grain Wrap Diced Mangos Whole Grain Pasta Marinara All Beef Meatballs Green Beans Fruit Serving	24 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	25 Fruit Smoothie Whole Grain Biscuit Whole Grain French Toast Turkey Bacon Mandarin Oranges Vegetable Serving	26 Whole Gain Cherrios Fruit Cocktail Whole Grain Chicken Nuggets Dinner Roll Corn Fruit Serving	27 Fresh Fruit Whole Gain Carrot Bread Whole Grain Mac & Cheese Turkey Sausage Baked Cinnamon Apples Vegetable Serving
30 Whole Grain Pancakes Turkey Sausage Whole Grain Chicken Tenders Whole Wheat Bread Steamed Carrots Fruit Serving	31 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce			

"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.
 Simply Gourmet LLC
 MENU SUBJECT TO CHANGE WITHOUT NOTICE