


# JANUARY 2024

## Dover Site Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01  <b>SCHOOL CLOSED</b>	02 B-Whole Grain Waffle Apple Juice L- Chicken Nuggets Chickpea Salad Brown Rice Mixed Vegetables Mandarin Oranges S- Whole Grain Goldfish Milk	03 B-Whole Grain Oatmeal Applesauce L-Black Beans Whole Grain Tortilla Shredded Cheese Lettuce, Corn, Tomatoes Pineapple S-Whole Grain Graham Crackers Milk	04 B-Whole Grain Bagel Sliced Peaches L-Chicken Patty Whole Grain Bun Green Beans Apricots S-Cucumbers Whole Grain Crackers	05 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Animal Crackers
08 B-Whole Grain Oatmeal Applesauce L-Hamburger Whole Grain Bun Oven Roasted Potatoes Peas Mandarin Oranges S-Vanilla Yogurt Apricots Cups	09 B-Scrambled Eggs Whole Grain French Toast Sticks Orange Juice L- Meat Sauce with Whole Grain Spaghetti Pasta Cauliflower Sliced Pears S-Mixed Berry Cups Whole Grain Goldfish	10 B-Whole Grain Pancakes Apple Juice L-Black Beans Whole Grain Tortilla Shredded Cheese Lettuce, Corn, Tomatoes Pineapple S-Whole Grain Graham Crackers Milk	11 B-Whole Grain Bagel Sliced Peaches L-Grilled Cheese Whole Grain Bread Tomato Soup Green Beans Apricots S-Cucumbers Whole Grain Crackers	12 B-Cheerios Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Mixed Salad Watermelon S-Blueberry Yogurt Trail Mix with Dried Fruit and Cereal
15  <b>SCHOOL CLOSED</b>	16 B-Egg Patty Corn Muffin Orange Juice L- Meat Sauce with Whole Grain Spaghetti Pasta Mixed Vegetables Sliced Pears S-Mixed Berry Cups Whole Grain Goldfish	17 B-Whole Grain Waffle Apple Juice L-Chicken Patty Whole Grain Bun Sweet Potato Fries Red Beans Pineapple S-Whole Grain Graham Crackers Milk	18 B-Whole Grain Bagel Sliced Peaches L-Grilled Cheese Whole Grain Bread Tomato Soup Green Beans Apricots S-Cucumbers Whole Grain Crackers	19 B-Kix Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Trail Mix with Dried Fruit and Cereal
22 B-Whole Grain Oatmeal Applesauce L-Cheesy Chicken w/ Whole Grain Pasta Peas Mandarin Oranges S-Vanilla Yogurt Apricots Cups	23 B-Scrambled Eggs Whole Grain French Toast Sticks Orange Juice L- Meat Sauce with Whole Grain Spaghetti Pasta Mixed Vegetables Sliced Pears S-Mixed Berry Cups Whole Grain Goldfish	24 B-Whole Grain Pancake Apple Juice L-Black Beans Whole Grain Tortilla Shredded Cheese Lettuce, Corn, Tomatoes Pineapple S-Whole Grain Graham Crackers Milk	25 B-Whole Grain Bagel Sliced Peaches L-Grilled Cheese Whole Grain Bread Tomato Soup Green Beans Apricots S-Cucumbers Whole Grain Crackers	26 B-Kix Cereal Orange Slices L-Whole Grain Pizza w/ Extra Cheese Broccoli Watermelon S-Blueberry Yogurt Trail Mix with Dried Fruit and Cereal
29 B-Whole Grain Oatmeal Applesauce L-Cheesy Chicken w/ Whole Grain Pasta Peas Mandarin Oranges S-Vanilla Yogurt Apricot Cups	30 B-Scrambled Eggs Whole Grain Blueberry Muffin Orange Juice L- Meat Sauce with Whole Grain Pasta Mixed Vegetables Sliced Pears S-Mixed Berry Cups Whole Grain Goldfish	31 B-Whole Grain Waffle Apple Juice L-Chicken Patty Whole Grain Bun Sweet Potato Fries Red Beans Pineapple S-Whole Grain Graham Crackers Milk		

**"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"**

Portions suggested by the USDA Child and Adult Care Food Program  
 Head Start children ages 2-5 years are served 1% or nonfat milk and water with meals  
 E.H.S. children ages 0-23 months are served whole milk with meals  
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.  
 MENU SUBJECT TO CHANGE WITHOUT NOTICE