JANUARY 2024

Dover Site Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
	B-Whole Grain Waffle	B-Whole Grain Oatmeal	B-Whole Grain Bagel	B-Cheerios Cereal
	Apple Juice	Applesauce	Sliced Peaches	Orange Slices
SCHOOL CLOSED	L- Chicken Nuggets	L-Black Beans	L-Chicken Patty	L-Whole Grain Pizza w/
SCHOOL CLOSED	Chickpea Salad	Whole Grain Tortilla	Whole Grain Bun	Extra Cheese
	Brown Rice	Shredded Cheese	Green Beans	Broccoli
	Mixed Vegetables	Lettuce, Corn, Tomatoes	Apricots	Watermelon
	Mandarin Oranges	Pineapple	S-Cucumbers	S-Blueberry Yogurt
	S- Whole Grain Goldfish	S-Whole Grain Graham Crackers	Whole Grain Crackers	Animal Crackers
	Milk	Milk	Whole of all of delicits	Attitude of detect 5
08	09	10	11	12
B-Whole Grain Oatmeal	B-Scrambled Eggs	B-Whole Grain Pancakes	B-Whole Grain Bagel	B-Cheerios Cereal
Applesauce	Whole Grain French Toast Sticks	Apple Juice	Sliced Peaches	Orange Slices
L-Hamburger	Orange Juice	L-Black Beans	L-Grilled Cheese	L-Whole Grain Pizza w/
Whole Grain Bun	L- Meat Sauce with	Whole Grain Tortilla	Whole Grain Bread	Extra Cheese
Oven Roasted Potatoes	Whole Grain Spaghetti Pasta	Shredded Cheese	Tomato Soup	Mixed Salad
Peas	Cauliflower	Lettuce, Corn, Tomatoes	Green Beans	Mixed Salad Watermelon
Mandarin Oranges	Sliced Pears	Pineapple	Apricots	S-Blueberry Yogurt
S-Vanilla Yogurt	S-Mixed Berry Cups	S-Whole Grain Graham Crackers	S-Cucumbers	Trail Mix with Dried Fruit and
	Whole Grain Goldfish	Milk	Whole Grain Crackers	Cereal
Apricots Cups	Whole Grain Bolatish	WIIK	whole Grain Crackers	cereal
15	16	17	18	19
15	B-Egg Patty	B-Whole Grain Waffle	B-Whole Grain Bagel	B-Kix Cereal
	Corn Muffin	Apple Juice	Sliced Peaches	Orange Slices
SCHOOL CLOSED	Orange Juice	L-Chicken Patty	L-Grilled Cheese	L-Whole Grain Pizza w/
	L- Meat Sauce with	Whole Grain Bun	Whole Grain Bread	Extra Cheese
	Whole Grain Spaghetti Pasta	Sweet Potato Fries	Tomato Soup	Broccoli
	Mixed Vegetables	Red Beans	Green Beans	Watermelon
	Sliced Pears	Pineapple	Apricots	S-Blueberry Yogurt
	S-Mixed Berry Cups	S-Whole Grain Graham Crackers	S-Cucumbers	Trail Mix with Dried Fruit and
	Whole Grain Goldfish	Milk	Whole Grain Crackers	Cereal
	Whole Grain Gold Ish	Milk	Whole Grain Crackers	cereal
22	23	24	25	26
B-Whole Grain Oatmeal	B-Scrambled Eggs	B-Whole Grain Pancake	B-Whole Grain Bagel	B-Kix Cereal
Applesauce	Whole Grain French Toast Sticks	Apple Juice	Sliced Peaches	Orange Slices
L-Cheesy Chicken w/	Orange Juice	L-Black Beans	L-Grilled Cheese	L-Whole Grain Pizza w/
Whole Grain Pasta	L- Meat Sauce with	Whole Grain Tortilla	Whole Grain Bread	Extra Cheese
Peas	Whole Grain Spaghetti Pasta	Shredded Cheese	Tomato Soup	Broccoli
Mandarin Oranges	Mixed Vegetables	Lettuce, Corn, Tomatoes	Green Beans	Watermelon
S-Vanilla Yogurt	Sliced Pears	Pineapple	Apricots	S-Blueberry Yogurt
Apricots Cups	S-Mixed Berry Cups	S-Whole Grain Graham Crackers	S-Cucumbers	Trail Mix with Dried Fruit and
Aprilco13 Cups	Whole Grain Goldfish	Milk	Whole Grain Crackers	Cereal
	Whole or all bold isn	WIIK	Whole of all crackers	Cerear
29	30	31		
B-Whole Grain Oatmeal	B-Scrambled Eggs	B-Whole Grain Waffle	**** ***	
Applesauce	Whole Grain Blueberry Muffin	Apple Juice	· ") (((· • • • • • • • • • • • • • • • • •	
L-Cheesy Chicken w/	Orange Juice	L-Chicken Patty		Prode Crates
Whole Grain Pasta	L- Meat Sauce with	Whole Grain Bun	* 30%	
Peas	Whole Grain Pasta	Sweet Potato Fries		THE RESERVE TO SERVE
Mandarin Oranges	Mixed Vegetables	Red Beans	***	
	Mixed Vegetables Sliced Pears		l Was a	
S-Vanilla Yogurt		Pineapple S-Whole Grain Graham Crackers	••••••••••••••••••••••••••••••••••••••	
Apricot Cups	S-Mixed Berry Cups Whole Grain Goldfish	5-Whole Grain Graham Crackers Milk	\$***.	(ChooseMyPlate.gov)
	whole Grain Golatish	Wilk		
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"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