

FAMILY MENU – EHS JANUARY 2017

Monday	January	2	Tuesday	January	3	Wednesday	January	4	Thursday	January	5	Friday	January	6			
<p align="center">NEW YEAR'S DAY HOLIDAY</p> <p align="center">HS / ECEAP CLASSES</p> <p align="center">CLOSED MONDAY</p>			<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Corn flakes Peaches <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Mac-n-cheese Broccoli w/dip Pineapple tidbits <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Rice cakes 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Egg & cheese breakfast sandwich Orange slices <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Chicken alfredo w/a twist Carrots Fruit cocktail <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Celery WOW butter 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Cheerios Mixed berries <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Chili w/meat Tomato slices Apple slices Corn bread <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Muffins 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> English muffins WOW butter Banana <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Ravioli w/meat sauce Peas Tropical fruit <p>PM Snack served with water</p> <ul style="list-style-type: none"> Apples Cheese 											
			Monday	January	9	Tuesday	January	10	Wednesday	January	11	Thursday	January	12	Friday	January	13
			<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Chex Apricots <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Chicken patty sandwich Carrots/celery sticks Orange slices <p>PM Snack served with water</p> <ul style="list-style-type: none"> Butter crackers Cheese slices 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Bagels w/fruit jam Pears <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Biscuits and gravy Sausage Hash browns Peaches <p>PM Snack served with 100% apple juice</p> <ul style="list-style-type: none"> Soft pretzel 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Oatmeal Blueberries <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Tator tot casserole Fruit cocktail Bread sticks <p>PM Snack served with water</p> <ul style="list-style-type: none"> Cottage cheese Pineapple tidbits 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Granola Peaches Yogurt <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Egg & cheese breakfast sandwich Tomato slices Apple slices <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> WOW butter Banana 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Corn flakes Banana <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Bean & cheese burrito Spinach salad Mandarin oranges <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Muffin 										
			Monday	January	16	Tuesday	January	17	Wednesday	January	18	Thursday	January	19	Friday	January	20
<p align="center">MARTIN LUTHER KING DAY</p> <p align="center">HOLIDAY</p> <p align="center">HS / ECEAP CLASSES</p> <p align="center">CLOSED MONDAY</p>			<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Biscuits & honey butter Frozen blueberries <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Tortilla soup Pineapple tidbits Cheese quesadilla <p>PM Snack served with 100% apple juice</p> <ul style="list-style-type: none"> Ritz crackers 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Pancakes Warm applesauce <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Spanish rice bowl Green salad Orange slices <p>PM Snack 1% milk</p> <ul style="list-style-type: none"> Rice cakes 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Bagels w/cream cheese Peaches <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Spaghetti Corn Tropical fruit <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Muffin 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Muffin Banana <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Spinach lasagna Broccoli Apple slices <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Friendship mix 											
			Monday	January	23	Tuesday	January	24	Wednesday	January	25	Thursday	January	26	Friday	January	27
			<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Toasty oats Mixed berries <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Cheese burgers Baked beans Fruit cocktail WW hamburger bun <p>PM Snack served with water</p> <ul style="list-style-type: none"> Crackers Cheese 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> English muffins WOW butter Applesauce <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Cheese sandwich Tomato soup Pears <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Teddy grahams 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> French toast sticks Warm strawberry sauce Sausage <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> BBQ chicken Corn Apricots WW rolls <p>PM Snack 100% orange juice</p> <ul style="list-style-type: none"> Soft pretzels 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Granola Blueberries Fruit yogurt <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Macaroni and cheese Peas Bananas <p>PM Snack served with 1% milk</p> <ul style="list-style-type: none"> Muffin 	<p>Breakfast served with 1% milk</p> <ul style="list-style-type: none"> Muffin Orange slices <p>Lunch served with 1% milk</p> <ul style="list-style-type: none"> Crispy chicken wrap Carrots Pineapple tidbits <p>PM Snack served with 100% apple juice</p> <ul style="list-style-type: none"> Cheese sticks 										

FAMILY MENU – EHS JANUARY 2017

Monday	January	30	Tuesday	January	31	Wednesday	February	1	Thursday	February	2	Friday	February	3
<u>Breakfast</u> served with 1% milk Biscuits w/butter Peaches <u>Lunch</u> served with 1% milk Cheese pizza Green salad Pineapple tidbits <u>PM Snack</u> served with 1% milk Graham crackers			<u>Breakfast</u> served with 1% milk Chex cereal Frozen strawberries <u>Lunch</u> served with 1% milk Teriyaki chicken Green beans Fresh oranges Brown rice <u>PM Snack</u> served with water Goldfish Cottage cheese											

- T = Transport site menu change identified in parenthesis)
- Early Head Start menu change identified in parenthesis)
- Wobblers Menus (1-18 months) age appropriate modifications to be made (See “You Can Prevent Choking)”, i.e.-salads to be chopped fine, cooked fruits, vegetables, and meats to be diced ½ inch and/or foods to be soft and mashable.
- USDA is an equal opportunity provider and employer

Reviewed by: Peggy DeJong, RD, CD on March 24, 2016