

JANUARY 2024

~All milk served is unflavored 1%~

Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
1 HOLIDAY	2 NO SCHOOL	3 WG Blueberry Bread•, Strawberries & 1% Milk Roast Turkey & Gravy, WG Cornbread•, Mashed Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Cucumbers w/Ranch Dressing• & WG Crackers	4 WG Pancakes• w/Syrup, Blueberries & 1% Milk Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Broccoli & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola	5 WG Kix, Mangoes & 1% Milk Sliced Turkey, American Cheese/WG Bread Stick, Baby Carrots w/Ranch Dressing•, Sliced Pears & 1% Milk WG Pretzel Goldfish & Mandarin Oranges
8 WG Chex, Cinnamon Applesauce & 1% Milk WG Mac & Cheese•/Steamed Broccoli/Coleslaw/Creamy Coleslaw Dressing• & 1% Milk String Cheese/Orange Wedges	9 WG English Muffin, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk White Bean Chicken Chili, Ritz Crackers, Spinach Salad, Chipotle Ranch•, Fresh Pineapple & 1% Milk Yogurt/Granola/Apple Wedges	10 WG Banana Bread•, Strawberries & 1% Milk Hamburgers, WG Bun, Lettuce & Tomato, Cinnamon Sweet Potatoes, Fresh Kiwi & 1% Milk Baby Carrots & Celery Sticks w/Ranch Dressing• & WG Cheez-Its	11 WG Waffles• w/Syrup, Blueberries & 1% Milk Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Peaches & 1% Milk Banana, WG Tortilla & Sun butter	12 NO SCHOOL
15 HOLIDAY	16 WG Blueberry Bagel, Strawberry Cream Cheese, Fresh Cuties (orange) & 1% Milk Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing•, Fresh Pineapple & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter	17 WG Oatmeal Muffin Bread•, Strawberries & 1% Milk Chicken Fried WG Rice, Broccoli Slaw w/Asian Sesame Dressing, Mandarin Oranges & 1% Milk Baby Carrots & Cucumbers w/Ranch Dressing• & WG Wheat Thins	18 French Toast Sticks• w/Syrup, Blueberries & 1% Milk WG Spaghetti & Meat (Beef) Sauce, Sautéed Summer Squash, Fresh Kiwi & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola	19 WG Kix, Mangoes & 1% Milk Sliced Turkey, American Cheese, Ritz Crackers, Baby Carrots w/Ranch Dressing•, Pears & 1% Milk WG Cheddar Goldfish & Pears
22 WG Cheerios, Peaches & 1% Milk Bean & Cheese Burrito w/WG Tortilla, Mexicali Corn, Salsa, Fresh Kiwi & 1% Milk Cheddar Slices & Orange Wedges	23 WG Tortilla, Scrambled Eggs•, American Cheese, Salsa, Hash Browns & 1% Milk Chicken Soup w/WG Noodles•, Spinach Salad, Ranch Dressing•, Steamed Green Beans & 1% Milk Greek Vanilla Yogurt, Homemade Granola & Apple Wedges	24 WG Banana Bread•, Strawberries & 1% Milk Beef Sloppy Joes, WG Bun, Roasted Red Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Pepper Strips w/Ranch Dressing• & WG Goldfish	25 WG Pancakes• w/Syrup, Blueberries & 1% Milk Homemade Chicken Tenders•, BBQ Baked Beans, WG Rolls, Romaine Salad w/Ranch Dressing• & 1% Milk Banana, WG Tortilla & Sun butter	26 NO SCHOOL
25 WG Chex, Pears & 1% Milk Chicken Taco Meat, Lettuce & Tomato, Crispy Taco Shell, Shredded Cheese, Salsa, Refried Beans, Mangoes & 1% Milk Cheese Cubes & Orange Wedges	29 Biscuit•, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk Lemon Cod, WG Brown Rice, Steamed Corn, Spinach Salad w/Ranch Dressing• & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter	30 WG Blueberry Bread•, Strawberries & 1% Milk Roast Turkey & Gravy, WG Cornbread•, Mashed Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Celery Sticks w/Ranch Dressing• & WG Crackers	31 WG Waffles• w/Syrup, Blueberries & 1% Milk Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Broccoli & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola	Foods that are GREEN Contain Dairy Foods with a RED • Contain Egg WG= whole grain foods