

Sullivan County Head Start/Early Head Start January 2018 Menu



Date	Breakfast	Lunch	Snack
Tuesday- 2	Oatmeal, Peaches, 1% Milk	Swedish Meatballs, Egg Noodles, Peas, Pears, 1% Milk	Gold Fish, 1% Milk
Wednesday- 3	Cheerios, Bananas, 1% Milk	Baked Fish, Mashed Potatoes, Green Beans, Mixed Fruit, Whole Wheat Roll, 1% Milk	Orange Slices, 1% milk
Thursday- 4	Scrambled Eggs, Whole Wheat Bread, Peaches, 1% Milk	Turkey on Whole Wheat Sandwich Thin, Vegetable Soup, Carrot Coins, Oranges, 1% Milk	Oatmeal Cookies, 1% Milk
Friday- 5	Blueberry Muffins, *Bananas, 1% Milk	Homemade Beef-a-Roni, Italian Bread, Cauliflower, *Apple Slices, 1% Milk	Mandarin Oranges, 1% Milk
Monday -8	Life Cereal, Orange Juice, 1% Milk	Chicken Tenders, Sweet Potato Tots, Broccoli, Whole Wheat Dinner Roll, Pears, 1% Milk	Low Fat Vanilla Yogurt, Peaches, Water
Tuesday-9	Oatmeal, Peaches, 1% Milk	Baked Ziti, Garlic Bread, Sweet Peas, Peaches, 1% Milk	Teddy Grahams, 1% Milk
Wednesday- 10	Pancakes, Applesauce, 1% Milk	Vegetarian Chili, Brown Rice, Broccoli, Mixed Fruit, 1% Milk	Ritz Crackers, 1% Milk
Thursday- 11	Blueberry Muffins, Bananas, 1% Milk	Turkey Taco, Black Beans, Lettuce, Tomato, Pears, 1% Milk	*Apple Slices, 1% Milk
Friday - 12	Blueberry Muffins, Bananas, 1% Milk	Homemade Macaroni & Cheese, Beets,	Blueberry Muffins, Bananas, 1% Milk
Monday – 15	*****	***** Closed ***** Martin Luther King Day	*****
Tuesday - 16	French Toast, Applesauce, 1% Milk	Baked Fish, Mashed Potatoes, Broccoli, Apple Slices, Whole Wheat Roll, 1% Milk	Vanilla Yogurt, Peaches, Water
Wednesday - 17	Corn Muffin, *Bananas, 1% Milk	Low Salt Ham on Whole Wheat Bread, Mixed Vegetables, Orange Slices, 1% Milk	Cheese Nips, 1% Milk
Thursday - 18	Mini Whole Wheat Bagels, Low fat Cream Cheese ,Pears, 1% Milk	Homemade Macaroni & Cheese, Beets, Pears, 1% Milk	Graham Crackers, 1% Milk
		Sweet & Sour Chicken, Yellow Rice,	

Friday - 19	Rice Chex, *Bananas, 1% Milk	Cauliflower, Peaches, 1% Milk	Teddy Grahams, 1% Milk
Monday – 22	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, Pineapple Tidbits, 1% Milk	Club Crackers, 1% Milk
Tuesday – 23	Cheerios, Bananas, 1% Milk	Pizza, Green Beans, Pears, 1% Milk	Graham Crackers, 1% Milk
Wednesday - 24	Farina, Peaches, 1% Milk	Baked Chicken, Pierogis, Mixed Vegetables, Pears, 1% Milk	Chocolate Chip Cookies, 1% Milk
Thursday - 25	Blueberry Muffins, Bananas, 1% Milk	Homemade Macaroni & Cheese, Beets, Pears, 1% Milk	Apple Slices, 1% Milk
Friday - 27	*****	***** Closed ***** In-Service Staff Only	*****
Monday- 29	Life Cereal, Orange Juice, 1% Milk	Meatloaf, Tri-Colored Noodles, Green Beans, Pineapple Tidbits, 1% Milk	Triscuits, 1% Milk
Tuesday -30	Oatmeal, Peaches, 1% Milk	Tuna on whole wheat wrap, cucumber slices, Chicken noodle soup, apple slices, 1% Milk	Vanilla Yogurt, Blueberries, Water
Wednesday- 31			

SULLIVAN COUNTY HEAD START MENU

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***---Denotes Fresh Fruit**

This institution is an equal opportunity provider