

Jamestown Head Start Classroom

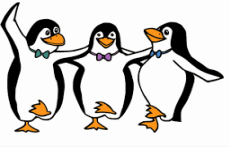

Head Start Lunch Menu

January 2023



Menu is subject to change related to food availability.

Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan No School	3-Jan Stuffed Crust Pizza Garden Salad Fruit Variety	4-Jan Grilled Cheese Sandwich Tomato Soup Pickle Spear Pears	5-Jan Buttered Noodles Savory Meat Sauce Garlic Bread Stick Garden Salad Fruit Variety	6-Jan Sloppy Joe on WG Bun Baked Chips Peaches
9-Jan Chicken Patty on Bun Lettuce/Tomato Pickles Baked Fries Peaches	10-Jan Walking Taco Lettuce, Tomato Refried Beans Salsa & Sour Cream Applesauce	11-Jan Mac & Cheese Bread Stick Green Beans Mixed Fruit	12-Jan Chicken Poppers Snowman Pretzel Baked French Fries Applesauce	13-Jan School Made Italian Dunkers Marinara Mixed Vegetables Pears
16-Jan No School	17-Jan General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	18-Jan Buttered Noodles Savory Meat Sauce Garlic Bread Stick Garden Salad Peaches	19-Jan Nacho Supreme Rice, Refried Beans Lettuce/Tomato Salsa & Sour Cream Pears	20-Jan Pizza Bagel Baked Fries Fruit Variety
23-Jan Chicken & Ranch Wrap with Cheese Spudsters Three Bean Salad Applesauce	24-Jan Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Green Beans Peaches	25-Jan Cheese Omlet Funnell Cake Seasoned Potatoes Fresh Fruit	26-Jan Soft Taco Shredded Cheese Lettuce/Tomato Salsa & Sour Cream Raspberry Churro Pears	27-Jan Fiestada Pizza Steamed Broccoli Fruit Variety
30-Jan Rodeo Cheeseburger Lettuce/Tomato/Pickle Tater Tots Baked Beans Applesauce	31-Jan BBQ Rib Patty Smile French Fries Cole Slaw Peaches	1-Feb 	2-Feb	3-Feb 

This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

Daily Vegetables: Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal

Please Note: This menu meets qualifications per CACFP guidelines.