**January 2022 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3** | **B:** WG Life Cereal  Apples (Canned)  Milk  **L:** WG Fish Sticks  Peas (Frozen)  Diced Peaches in juice  Milk | **4** | **B:**  WG Oatmeal  Pineapple Tidbits, Milk  **L:** Macaroni & Cheese  w/WG Noodles  Diced Cucumber  Diced Pears in juice  Milk | **5** | **B:** Scrambled Eggs  WW English Muffin  Thin Sliced Oranges, Milk  **L:** Hawaiian Chicken Wrap on WG Tortilla  Sliced Tomatoes, Grapes ¼  Milk | **6** | **B:** WG Cheerios  Banana  Milk  **L:** Beef Spaghetti w/WG Noodles, Green Salad w/Ranch, Sliced Apples  Milk | **7** | **B:** Malt o Meal  Blueberries  Milk  **L:** WW Grilled Cheese  Mixed Veggies  Diced Peaches in juice  Milk |
| **10** | **B:** WG Rice Krispies  Diced Pears in juice  Milk  **L:** Bean & Cheese WG Burrito, Corn (Frozen)  Applesauce  Milk | **11** | **B:** Scrambled Eggs, WW Toast, Tropical Fruit in juice, Milk  **L:**  Curry Chicken Salad w/WG Bread  Sliced Tomato, Thin Sliced Oranges, Milk | **12** | **B:** WG Life Cereal  Banana  Milk  **L:** Meatloaf  WW Dinner Roll  Peas (Frozen), Grapes ¼  Milk | **13** | **B:** WG Pancakes  Blueberry Sauce  Milk  **L:** Broccoli Cheese Soup  WG Breadstick  Diced Peaches in juice  Milk | **14** | **B:** Hard Boiled Egg  Diced Pears in juice  Milk  **L:** Tuna Salad Sandwich on WW Bread, Steamed Baby Carrots, Thin Sliced Apples  Milk |
| **17** | **No School** | **18** | **B:** WW Bagel & Cream Cheese, Diced Peaches in juice, Milk  **L:** WG English Muffin Cheese Pizza  Corn (Frozen)  Sliced Apples, Milk | **19** | **B:** WG Oatmeal  Strawberries  Milk  **L:** Tater Tot Casserole  WG Breadstick  Pineapple Tidbits in juice  Milk | **20** | **B:** WG Graham Cracker  Banana  Milk  **L:**  Cottage Cheese  WG Goldfish  Steamed Broccoli w/Ranch  Thin Sliced Oranges, Milk | **21** | **B:** Banana Bobs  w/Strawberry Yogurt & WG Cheerios, Milk  **L:** Ham & Cheese Sandwich  On WW Bread, Steamed  Baby Carrots, Grapes ¼  Milk |
| **24** | **B:** WG Bagel w/Peanut Butter, Sliced Apples  Milk  **L:** Chicken WG Noodle Soup  Steamed Broccoli  Diced Peaches in juice  Milk | **25** | **B:** WG Pancakes  Applesauce  Milk  **L:** Veggie & Cheese Pizza  On WG Crust  Pineapple Tidbits in juice  Milk | **26** | **B:** Malt o Meal  Strawberries  Milk  **L:** Beef Sloppy Joes on WW  Bun, Steamed Baby Carrots  Diced Pears in juice  Milk | **27** | **B:** Scrambled Eggs  Hashbrowns  Milk  **L:** Pazole, WG Pita Bread  Diced Cucumber  Pineapple Rings in juice  Milk | **28** | **No School** |
| **31** | **B:** WG French Toast Sticks  Strawberry Sauce  Milk  **L:** Bean & Cheese Burrito on WG Tortilla  Sliced Tomato, Thin  Sliced Apples (Fresh) Milk |  |  |  |  |  |  |  |  |

**\*This Organization is an Equal Opportunity Provider**

**\*1% Unflavored Milk served to children Age 2 or older \*Unflavored Whole Milk served to children Age 12 months-23 months**

**This Menu is subject to change.**

**Snack**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3** | WG Graham Crackers  Millk | **4** | WG Pita  Thin Sliced Oranges  Water | **5** | WG Goldfish Crackers  Cheese Cubes  Water | **6** | Graham Crackers  Cucumber Sticks  Water | **7** | WW String Cheese  WG Goldfish Crackers  Water |
| **10** | WG Graham Crackers  Milk | **11** | WG Goldfish Crackers  Applesauce Cups  Water | **12** | WW Bread  String Cheese  Water | **13** | WG Rice Cakes  Sliced Oranges  Water | **14** | Cheese Cubes  WG Goldfish Crackers  Water |
| **17** | **No School** | **18** | WG Pita Bread  Thin Sliced Oranges  Water | **19** | WG Animal Crackers  Sliced Banana  Water | **20** | WG Goldfish Crackers  String Cheese  Water | **21** | Baby Bear Bites  Water |
| **24** | WG Graham Crackers  Milk | **25** | WG Bread  Sliced Banana  Water | **26** | Cheese Cubes  Goldfish Crackers  Water | **27** | WG Pita Bread  Thin Sliced Oranges  Water | **28** | **No School** |
| **31** | Graham Crackers    Milk |  |  |  |  |  |  |  |  |

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