**January 2022 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **3** | **B:** WG Life CerealApples (Canned)Milk**L:** WG Fish SticksPeas (Frozen)Diced Peaches in juiceMilk | **4** | **B:**  WG OatmealPineapple Tidbits, Milk**L:** Macaroni & Cheesew/WG NoodlesDiced CucumberDiced Pears in juiceMilk | **5** | **B:** Scrambled EggsWW English MuffinThin Sliced Oranges, Milk**L:** Hawaiian Chicken Wrap on WG TortillaSliced Tomatoes, Grapes ¼ Milk | **6** | **B:** WG CheeriosBananaMilk**L:** Beef Spaghetti w/WG Noodles, Green Salad w/Ranch, Sliced ApplesMilk | **7** | **B:** Malt o MealBlueberriesMilk**L:** WW Grilled Cheese Mixed VeggiesDiced Peaches in juiceMilk |
| **10** | **B:** WG Rice KrispiesDiced Pears in juiceMilk**L:** Bean & Cheese WG Burrito, Corn (Frozen)ApplesauceMilk | **11** | **B:** Scrambled Eggs, WW Toast, Tropical Fruit in juice, Milk**L:**  Curry Chicken Salad w/WG BreadSliced Tomato, Thin Sliced Oranges, Milk | **12** | **B:** WG Life CerealBananaMilk**L:** MeatloafWW Dinner RollPeas (Frozen), Grapes ¼ Milk | **13** | **B:** WG PancakesBlueberry SauceMilk**L:** Broccoli Cheese SoupWG BreadstickDiced Peaches in juiceMilk | **14** | **B:** Hard Boiled EggDiced Pears in juiceMilk**L:** Tuna Salad Sandwich on WW Bread, Steamed Baby Carrots, Thin Sliced ApplesMilk |
| **17** |  **No School** | **18** | **B:** WW Bagel & Cream Cheese, Diced Peaches in juice, Milk**L:** WG English Muffin Cheese PizzaCorn (Frozen)Sliced Apples, Milk  | **19** | **B:** WG OatmealStrawberries Milk**L:** Tater Tot CasseroleWG Breadstick Pineapple Tidbits in juiceMilk | **20** | **B:** WG Graham CrackerBanana Milk**L:**  Cottage CheeseWG GoldfishSteamed Broccoli w/RanchThin Sliced Oranges, Milk | **21** | **B:** Banana Bobsw/Strawberry Yogurt & WG Cheerios, Milk**L:** Ham & Cheese SandwichOn WW Bread, SteamedBaby Carrots, Grapes ¼ Milk |
| **24** | **B:** WG Bagel w/Peanut Butter, Sliced ApplesMilk**L:** Chicken WG Noodle SoupSteamed BroccoliDiced Peaches in juiceMilk | **25** | **B:** WG PancakesApplesauceMilk**L:** Veggie & Cheese PizzaOn WG CrustPineapple Tidbits in juiceMilk | **26** | **B:** Malt o MealStrawberriesMilk**L:** Beef Sloppy Joes on WWBun, Steamed Baby CarrotsDiced Pears in juiceMilk  | **27** | **B:** Scrambled EggsHashbrownsMilk**L:** Pazole, WG Pita BreadDiced CucumberPineapple Rings in juiceMilk | **28** |  **No School** |
| **31** | **B:** WG French Toast SticksStrawberry SauceMilk**L:** Bean & Cheese Burrito on WG TortillaSliced Tomato, ThinSliced 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 CrackersMillk | **4** | WG PitaThin Sliced OrangesWater | **5** | WG Goldfish CrackersCheese CubesWater | **6** | Graham CrackersCucumber SticksWater | **7** | WW String CheeseWG Goldfish CrackersWater |
| **10** | WG Graham CrackersMilk | **11** | WG Goldfish CrackersApplesauce CupsWater | **12** | WW BreadString CheeseWater | **13** | WG Rice CakesSliced OrangesWater | **14** | Cheese CubesWG Goldfish CrackersWater |
| **17** |  **No School**  | **18** | WG Pita BreadThin Sliced OrangesWater | **19** | WG Animal CrackersSliced BananaWater | **20** | WG Goldfish CrackersString CheeseWater | **21** | Baby Bear BitesWater |
| **24** | WG Graham CrackersMilk | **25** | WG BreadSliced BananaWater | **26** | Cheese CubesGoldfish CrackersWater | **27** | WG Pita BreadThin Sliced OrangesWater | **28** |  **No School**  |
| **31** | Graham CrackersMilk |  |  |  |  |  |  |  |  |

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