**January 2023 Klamath Family Headstart Menu**

**Duration Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2** | **No School** | **3** | **No School** | **4** | **B:** Berry Blast Off Parfait  WG Granola  Milk  **L:** WG Chicken Patty Sandwich on WG Bun  Mixed Veggies (Frozen)  Diced peaches in juice, Milk | **5** | **B:** Chilaquiles w/WG Corn Tortillas, Sliced Oranges  Milk  **L:** Beef Sloppy Joes on WG Dinner Roll  Sliced Cucumber  Diced pears in juice, Milk | **6** | **B:** WG English Muffins w/Peanut Butter, Banana  Milk  **L:** Chicken & Cheese Quesadilla on WG Tortilla  Baby Carrots  Grapes, Milk |
| **9** | **B:** WG French Toast Sticks  Applesauce  Milk  **L:** WG Fish Sticks  Steamed Cauliflower  Sliced Oranges  Milk | **10** | **B:** Scrambled Eggs  WW Toast, Tropical Fruit  Milk  **L:** Bean & Cheese Nachos  WG Corn Chips, Sliced Cucumber, Pineapple Tidbits in juice, Milk | **11** | **B:** Blueberry WG Muffin  Diced Peaches in juice  Milk  **L:** Grilled Ham & Cheese Sandwich on WW Bread  Baby Carrots  Grapes, Milk | **12** | **B:** WG Life Cereal  Banana  Milk  **L:** Beef Taco w/WG Tortilla  Lettuce, Diced Tomato Diced Pears in juice  Milk | **13** | **B:** Malt o Meal  Strawberries  Milk  **L:** BBQ Chicken Sandwich on WG Bun  Mixed Veggies (Frozen)  Mandarins in juice, Milk |
| **16** | **No School** | **17** | **B:** WG Oatmeal  Sliced Apples (Canned)  Milk  **L:** WW Grilled Cheese Sandwich/ Tomato Soup  Diced Peaches in juice  Milk | **18** | **B:** WG Bagel w/Peanut Butter, Banana  Milk  **L:** Bean & Cheese Burrito on WG Tortilla, Sliced Cucumber, Fresh Sliced Apples, Milk | **19** | **B:** Breakfast Burrito on WG  Tortilla, Grapes  Milk  **L:**  Tuna Salad w/WG Saltine Crackers, Baby Carrots  Sliced Oranges  Milk | **20** | **B:** WG Cheerios  Fresh Sliced Apple  Milk  **L:** WG English Muffin Pizza Corn (Frozen)  Pineapple Rings  Milk |
| **23** | **B:** WG Life Cereal  Blueberries  Milk  **L:** Chicken & Cheese Quesadilla on WG Tortilla  Corn (Frozen)  Mandarins in Juice, Milk | **24** | **B:** Malt o Meal  Strawberries  Milk  **L:** Mac & Cheese w/WG Pasta  Broccoli w/Ranch, Diced Peaches in juice, Milk | **25** | **B:** WG Pancakes  Applesauce  Milk  **L:** Pozole w/Chicken  WG Corn Chips  Cabbage, Radishes, Cilantro  Grapes, Milk | **26** | **B:** WG English Muffin w/Peanut Butter, Banana  Milk  **L:**  Beef Chili  WG Cornbread  Sliced Oranges  Milk | **27** | **B:**  Scrambled Eggs  Hash Browns, WG Toast  Milk  **L:** Bean & Cheese Nachos WG Corn Chips, Tomato, Olives, Green Onion, Tropical Fruit in juice, Milk |
| **30** | **B:** WG French Toast Sticks  Blueberry Sauce  Milk  **L:** WG Chicken Patty  Broccoli (Frozen)  Diced Pears in juice  Milk | **31** | **B:** WG Cheerios  Banana  Milk  **L:** BBQ Chicken Sliders on WG Dinner Roll  Sliced Cucumber, Sliced Apples, 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**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2** | **No School** | **3** | **No School** | **4** | WG Graham Crackers  Milk | **5** | Baby Bear Bites  Water | **6** |  |
| **9** | WG Graham Crackers  Milk | **11** | WG Goldfish Crackers  Dill Pickles  Water | **12** | Cottage Cheese  WG Pretzels  Water | **13** | WW Toast w/Cinnamon Sugar  Milk | **14** |  |
| **16** | **No School** | **17** | WW Saltine Crackers  String Cheese  Water | **18** | WG Animal Crackers  Sliced Banana  Water | **19** | Mini P B n J Sandwich on  WW Bread ¼  Water | **20** |  |
| **23** | WG Graham Crackers  Milk | **24** | WG Goldfish  Cottage Cheese  Water | **25** | WG Pretzels  Dill Pickles  Water | **26** | Baby Bear Bites  Water | **27** | Saltine Crackers  String Cheese  Water |
| **30** | WG Graham Crackers  Milk | **31** | WG Animal Crackers  Sliced Oranges  Water |  |  |  |  |  |  |

**\*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.**