**January 2023 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **2** |  **No School** | **3** |  **No School** | **4** | **B:** Berry Blast Off ParfaitWG CheeriosMilk**L:** WG Chicken Patty Sandwich on WG BunMixed Veggies (Frozen)Diced peaches in juice, Milk | **5** | **B:** Chilaquiles w/WG Corn Tortillas, Thin Sliced Oranges, Milk**L:** Beef Sloppy Joes on WG Dinner RollDiced CucumberDiced pears in juice, Milk | **6** | **B:** WG English Muffins w/Peanut Butter, BananaMilk**L:** Chicken & Cheese Quesadilla on WG TortillaSteamed Baby CarrotsGrapes ¼, Milk |
| **9** | **B:** WG French Toast SticksApplesauceMilk**L:** WG Fish SticksSteamed CauliflowerThin Sliced OrangesMilk | **10** | **B:** Scrambled EggsWW Toast, Tropical FruitMilk**L:** Bean & Cheese BurritoWG Tortilla, Diced Cucumber, Pineapple Tidbits in juice, Milk | **11** | **B:** Blueberry WG MuffinDiced Peaches in juiceMilk**L:** Grilled Ham & Cheese Sandwich on WW BreadSteamed Baby CarrotsGrapes ¼, Milk | **12** | **B:** WG Life CerealBananaMilk**L:** Beef Taco w/WG TortillaLettuce, Diced Tomato Diced Pears in juiceMilk | **13** | **B:** Malt o MealStrawberriesMilk**L:** BBQ Chicken Sandwich on WG BunMixed Veggies (Frozen)Mandarins in juice, Milk |
| **16** |  **No School** | **17** | **B:** WG OatmealSliced Apples (Canned)Milk**L:** WW Grilled Cheese Sandwich/ Tomato SoupDiced Peaches in juiceMilk | **18** | **B:** WG Bagel w/Peanut Butter, BananaMilk**L:** Bean & Cheese Burrito on WG Tortilla, Diced Cucumber, Thin Sliced Apples, Milk | **19** | **B:** Breakfast Burrito on WG Tortilla, Grapes ¼ Milk**L:**  Tuna Salad w/WG Saltine Crackers, Steamed Baby Carrots, Thin Sliced Oranges, Milk | **20** | **B:** WG CheeriosFresh Sliced Apple Milk**L:** WG English Muffin Pizza Corn (Frozen)Pineapple RingsMilk |
| **23** | **B:** WG Life CerealBlueberriesMilk**L:** Chicken & Cheese Quesadilla on WG TortillaCorn (Frozen)Mandarins in Juice, Milk | **24** | **B:** Malt o MealStrawberriesMilk**L:** Mac & Cheese w/WG Pasta, Steamed Broccoli, Diced Peaches in juiceMilk | **25** | **B:** WG PancakesApplesauceMilk**L:** Pozole w/ChickenWG Salting CrackersCabbage, Radishes, CilantroGrapes ¼, Milk | **26** | **B:** WG English Muffin w/Peanut Butter, BananaMilk**L:**  Beef ChiliWG Cornbread Thin Sliced OrangesMilk | **27** | **B:**  Scrambled EggsHash Browns, WG ToastMilk**L:** Bean & Cheese Burrito on WG Tortilla, Tomato, Olives Tropical Fruit in juice,Milk |
| **30** | **B:** WG French Toast SticksBlueberry SauceMilk**L:** WG Chicken PattyBroccoli (Frozen)Diced Pears in juiceMilk | **31** | **B:** WG CheeriosBananaMilk**L:** BBQ Chicken Sliders on WG Dinner RollDiced Cucumber, Thin 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** |  | **3** |  | **4** | WG Graham CrackersMilk | **5** | WG Cheerios Grapes ¼ Water | **6** |   |
| **9** | WG Graham CrackersMilk | **11** | WG Goldfish CrackersDill PicklesWater  | **12** | Cottage CheeseWG Graham CrackersWater | **13** | WW Toast w/Cinnamon Sugar Milk  | **14** |  |
| **16** |  **No School** | **17** | WW Saltine CrackersString CheeseWater | **18** | WG GoldfishSliced BananaWater | **19** | Mini P B n J Sandwich on WW Bread ¼ Water | **20** |  |
| **23** | WG Graham CrackersMilk | **24** | WG Goldfish Cottage CheeseWater | **25** | WG Graham CrackersDill PicklesWater | **26** | WW ToastApplesauce CupsWater | **27** | Saltine CrackersString CheeseWater |
| **30** | WG Graham CrackersMilk | **31** | WG GoldfishSliced OrangesWater |  |  |  |  |  |  |

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