

**The Children's Center JANUARY 2018 Menu**  
**Head Start and Community Preschool - Chef's Choice**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>ALL CENTERS CLOSED</b>				
New Year's Day Holiday	Breakfast: Vanilla Yogurt, pineapple and milk	Breakfast: Cheerios, **chef's choice fruit**, and milk	Breakfast: Grits, pears and milk	Breakfast: Pancakes, peaches milk, sugar free syrup
	Lunch: Spaghetti w/ meat sauce on whole grain noodles, peaches, broccoli* and milk	Lunch: Taco Soup, pears , whole grain bread stick and milk	Lunch: Boneless Chicken wings *brussel sprouts, *yams, bread stick, milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, fresh carrots* with ranch, milk
	Snack: Cheese Sandwich on Whole wheat bread, milk	Snack: chef's choice grain and milk	Snack: Mandarin oranges, whole grain cheez its and water	Snack: Vanilla Yogurt, pears, water
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
			<b>BOARD MEETING</b>	
Breakfast: Oatmeal, pears, milk	Breakfast: Cheerios, orange juice, milk	Breakfast: Blueberry muffins, mandarin oranges, milk	Breakfast: Breakfast Pizza, pears, milk	Breakfast: Kix, pineapple, milk
Lunch: Three cheese potatoes, ^green beans, **chef's choice fruit or veggie** bread stick, milk	Lunch: Pulled Chicken BBQ, whole grain bread stick, corn, kale*, milk	Lunch: Spaghetti w/meat sauce and whole grain noodles, broccoli*, topical fruit, milk	Lunch: Grilled Cheese sandwich served w/ tomato soup **chef's choice veggie**, milk	Lunch: Cheese omelet, hash browns, banana, whole wheat toast, milk
Snack: Kix, mandarin oranges and water	Snack: Whole grain cheez its, pears and water	Snack: Whole grain Goldfish, milk	Snack: Apple juice & saltines	Snack: chef's choice grain and milk
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>ALL CENTERS CLOSED</b>				
Martin Luther King Jr. Day Holiday	Breakfast: Kix, pineapple, milk	Breakfast: Chicken sausage links, **chef's choice fruit**, milk	Breakfast: Pancakes, applesauce, milk, sugar free syrup	Breakfast: Oatmeal, pineapple, milk
	Lunch: Meatballs on whole grain sub roll, tropical fruit , ^green beans, milk	Lunch: Chili, applesauce, whole grain breadstick and milk	Lunch: Grilled chicken patty on bun, corn, peas, milk	Lunch: Swai Fillet with lemon pepper, yams*, kale*, w/ whole grain bread stick, milk
	Snack: Saltine crackers, cheese, water	Snack: Vanilla yogurt, peaches and water	Snack: Orange juice & saltines	Snack: chef's choice grain, milk
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Breakfast pizza, mandarin oranges, milk	Breakfast: Blueberry Muffins, pineapple, milk	Breakfast: Cheerios, peaches, milk	Breakfast: Oatmeal, pears, milk	Breakfast: Cream of Wheat, applesauce, milk
Lunch: Hamburger in gravy, mashed potatoes, ^green beans, whole grain breadstick and milk	Lunch: Cheese omelet, hash browns, pears, wheat biscuit and milk	Lunch: Spaghetti meat sauce w/whole grain noodles,**chef's choice veggie** tropical fruit and milk	Lunch: Whole grain cheese pizza, lettuce and tomato* salad, corn, and milk	Lunch: Spring's chicken/broccoli* casserole peaches, w/ bread stick, milk
Snack: Ritz crackers, cheese, water	Snack: Mandarin oranges and milk	Snack: Wheat biscuit, **chef's choice fruit** and water	Snack: chef's choice grain, milk	Snack: Cheese sandwich, pineapple and water
<b>29</b>	<b>30</b>	<b>31</b>		
	<b>POLICY COUNCIL/ EHS/HS CLOSED</b>			
Breakfast: Oatmeal pears, milk	Breakfast: Kix, mandarin oranges, milk	Breakfast: Chicken Sausage links , pineapple, milk		
Lunch: Turkey sub on whole grain bun, w/ lettuce and *tomato, tater tots w/ketchup and milk	Lunch: Chicken Spaghetti Bake, peas, **chef's choice veggie** and milk	Lunch: Swai fillet with lemon pepper **chef's choice fruit or veggie**, broccoli* bread stick, and milk		
Snack: Apple juice & saltines	Snack: chef's choice grain and milk	Snack: Pears and milk		

\* Foods High in Vitamin A

Toddler foods must be diced in pieces no larger than 1/2 inch

Infant foods must be diced in pieces no larger than 1/4 inch

Acceptable condiments with meals: ketchup, mustard, mayonnaise, salad dressing

All milk is low fat and 100% fruit juice is used.

Cereal must have a least 3 grams of fiber

Bread Must have at least 5 grams of fiber

Pastas must be whole grain

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