

Community Action Head Start Meals January 2014

Milk Served with all lunches

Monday	Tuesday	Wednesday	Thursday
6 Spaghetti w/meat sauce Tossed Salad ½ bread stick Pears	7. Chicken and Bean Stew Carrots ½ whole grain roll Mixed Fruit	8. Salisbury Steak/gravy Browned Potatoes Italian Veggies ½ slice of bread Mandarin Oranges	9. Turkey Burger California Veggies ½ Bread stick Peaches
13. Chopped Beef Steak/gravy Mashed potatoes Apricots ½ slice of bread	14. Pork chop German potato salad Applesauce ½ slice of bread	15. Oven fried chicken Peas ½ whole grain roll Pears	16. Beef stew ½ biscuit Green Beans Peaches
20. MLK Day No School	21. Chili Cornbread Corn Pears	22. Fish Sticks Broccoli and Cauliflower Mandarin Oranges ½ whole grain roll	23. Meatloaf Peas Pineapple ½ graham cracker
27. Tuna Noodle Casserole Green Beans ½ slice of bread Baked apples	28. Chicken Salad Whole Grain Crackers Pickled beets Mandarin Oranges	29. BBQ chicken Thighs Corn ½ whole grain roll Pears	30. Shepherd's Pie Peas/Carrots ½ whole grain roll Apricots