

### Head Start Logan County Lunch Menu January 2013

Monday	Tuesday	Wednesday	Thursday
Winter Break	January 1 <b>HAPPY NEW YEAR!!!!</b> Winter Break	Winter Break	Winter Break
January 7 Baked Breaded Turkey Cutlet Mashed sweet potatoes Mixed vegetables Banana	January 8 Cheeseburger/whole grain bun Lettuce, tomato Tater Tots Peaches	January 9 Pork chop and apples Brown Rice Peas and Carrots Pears	January 10 Beef tips and Gravy Whole wheat egg noodles Peas Fresh Orange
January 14 Pineapple Baked Ham Parslied Potatoes Whole grain roll Pineapple	January 15 Fish Sticks Wild Rice Broccoli Pears	January 16 Beef Stew with potatoes and carrots Biscuit Buttered Corn Baked Cinnamon Apples	January 17 Mexican Chicken Brown Rice Peas Mixed Fruit
January 21 <b>Martin Luther King's                      Birthday</b>  <b>Agency Closed</b>	January 22 Hot Roast Beef on Kaiser Roll Mashed potatoes/gravy Mandarin Oranges	January 23 Meat Loaf Au Gratin Potatoes Peaches	January 24 Egg, cheese Quiche Texas Toast Pickled Beets Banana
January 28 Chicken and dumplings Peas and carrots Mixed fruit	January 29 Spaghetti & Meatballs Italian vegetables Pineapple	January 30 Chili with meat and beans Whole grain crackers Green Beans Apricots	January 31 Salisbury steak Broccoli/Cauliflower Mandarin Oranges