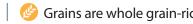
## January 2024 Applegate and Creston Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
Breakfast	No School for Students	Cinnamon Chex Cereal <b>©</b>	Honey Cheerios Cereal 🕜 🍪	Banana Bread 🕜 🍪	Cinnamon Swirl Bun 🕜 🥝
Lunch		Three Bean Chili with Tortilla Chips 🕜 🍪	Chicken Tenders 🚱	Cheese Pizza 🕜 🍪	Chicken Fillet Sandwich 🍪
Snack		Fruit and Chex Mix 🕜	Fruit and Goldfish Crackers 🕜	Fruit and Yogurt 🕜	Fruit and Cheese 🕜
	8	9	10	11	12
Breakfast	Cinnamon Chex Cereal <b>© ©</b>	Blueberry Muffin 🕜 🚱	Banana Bread 🕜 🍪	Honey Cheerios Cereal 🕜 🥝	
Lunch	Grilled Cheese Sandwich <b>V</b>	Orange Chicken with Brown Rice 修	Yakisoba with Chicken and Vegetables 🕜 修	Cheese Pizza 🕜 修	No Child Day
Snack	Fruit and Chex Mix 🕜	Vegetables and Chips 🕜	Fruit and Cheese 🚺	Fruit and Crackers 🕜	
	15	16	17	18	19
Breakfast	Dr. Martin Luther King Jr. Day Schools Closed	Cinnamon Chex Cereal <b>W</b>	Honey Cheerios Cereal 🕜 🍪	Banana Bread 🕜 🥝	Cinnamon Swirl Bun 🕜 🥝
Lunch		Three Bean Chili with Tortilla Chips 🕜 🤔	Chicken Tenders 🚱	Cheese Pizza 🕜 修	Chicken Fillet Sandwich 修
Snack		Fruit and Goldfish Crackers 🕜	Vegetables and Goldfish Crackers 🕜	Vegetables and Yogurt 🕜	Fruit and Cheese 🕜
	22	23	24	25	26
Breakfast	Cinnamon Chex Cereal <b>© ©</b>	Blueberry Muffin 🕜 🍪	Banana Bread 🕜 🍪	Honey Cheerios Cereal 🕜 🥝	Yoplait Strawberry Banana Yogurt and Granola 🕜 🤔
Lunch	Chicken Tenders 🍪	Ethiopian Simmer Sauce with Chicken and Brown Rice 🚱	Pasta with Marinara and Mozzarella 🕜 🥝	Cheese Pizza 🕜 修	Cheeseburger 🍪
Snack	Vegetables and Chex Mix 😵	Fruit and Chips 🕜	Fruit and Cheese 🕜	Fruit and Crackers 🕜	Fruit and Goldfish Crackers 🕜
	29	30	31		
Breakfast		Cinnamon Chex Cereal <b>6</b>	Banana Bread 🕜 🍪	_	
Lunch	No School for Students	Mozzarella Breadsticks 🕜 🚱	Pancakes with Chicken Sausage 🥝	_	
Snack		Fruit and Goldfish Crackers 🕜	Vegetables and Goldfish Crackers 🕜		



Updated: 1/1/2024