























































































# January 2024 | Applegate and Creston Head Start Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Breakfast	No School for Students	Cinnamon Chex Cereal  	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 
	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Breakfast	Cinnamon Chex Cereal  	Blueberry Muffin  	Banana Bread  	Honey Cheerios Cereal  	
Lunch	Grilled Cheese Sandwich  	Orange Chicken with Brown Rice 	Yakisoba with Chicken and Vegetables  	Cheese Pizza  	
Snack	Fruit and Chex Mix 	Vegetables and Chips 	Fruit and Cheese 	Fruit and Crackers 	
	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Breakfast	Dr. Martin Luther King Jr. Day Schools Closed	Cinnamon Chex Cereal  	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 Goldfish Crackers 	Vegetables and Goldfish Crackers 	Vegetables and Yogurt 	Fruit and Cheese 
	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Breakfast	Cinnamon Chex Cereal  	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  	Cheeseburger 
Snack	Vegetables and Chex Mix 	Fruit and Chips 	Fruit and Cheese 	Fruit and Crackers 	Fruit and Goldfish Crackers 
	<b>29</b>	<b>30</b>	<b>31</b>		
Breakfast	No School for Students	Cinnamon Chex Cereal  	Banana Bread  		
Lunch		Mozzarella Breadsticks  	Pancakes with Chicken Sausage 		
Snack		Fruit and Goldfish Crackers 	Vegetables and Goldfish Crackers 		

 Vegetarian option, may contain cheese &/or egg |  Grains are whole grain-rich

Updated: 1/1/2024

1% milk is offered daily with breakfast and lunch. Fruit is offered with breakfast, fruit and vegetables are offered with lunch.  
Menu is subject to change. This institution is an equal opportunity provider.