

Kickapoo Head Start/Child Care Program

MONDAY

2

*New Year Holiday
No School/No Work*

B – Oatmeal, wg toast, sliced apple can, 1% milk
L – Rolled beef tacos w/lettuce and tomato, pinto beans, brown rice, orange slices fresh, 1% milk
S – Chili w/ground beef and beans, corn bread 1% milk

16

*Martin Luther King Jr. Day
No School/No Work*

B – Turkey bacon & egg, wg biscuit sandwich, orange wedges fresh, 1% milk
L – Teriyaki beef, brown rice/egg roll, stir fry veggies, tropical fruit can, 1% milk
S – Cheese quesadillas on corn tortilla, avocado salad, 1% milk

B – Wg French toast w sf syrup, turkey sausage patty, pineapple tidbits can, 1% milk
L – Carrot and squash con pollo, pinto beans, wg rice, pineapple chunks fresh, 1% milk
S – Green apple slices fresh, peanut butter, granola, 1% milk

TUESDAY

3

B – Grilled ham & cheese slider on wg roll, pear diced fresh, 1% milk
L – Sweet and sour chicken, brown rice, stir fry vegetables, red grapes fresh, 1% milk
S – Cheese ravioli w/marinara sauce, wg breadstick, 1% milk

B – Turkey sausage & egg, wg biscuit sandwich, pineapple chunks fresh, 1% milk
L – Oven baked drumsticks, wg mac & cheese, broccoli cuts, fruit cocktail can, 1% milk
S – Wg nacho chips, nacho cheese sauce, cucumbers w/lemon, 1% milk

B – Turkey bacon & egg tacos on ww tortilla, granny smith apple fresh, 1% milk
L – Cheese enchiladas, refried beans, brown rice/corn, jello w/fruit cocktail, 1% milk
S – wg cheez it, peanut butter and jelly, sandwich on wg bread, 1% milk

B – Beef sausage wrap, wheat tortilla, diced pear, 1% milk
L – Grilled bean & cheese burrito on 10" ww tortilla, wg fideo, diced carrots, diced peaches can, 1% milk
S – Wg goldfish, granny smith apple, 1% milk

B – Ww breakfast burrito w/ground beef and potato, apricot halves can, 1% milk
L – Salisbury steak w/gravy, mashed potatoes, corn frzn, tropical fruit can, 1% milk
S – Wg animal crackers, jello w, fruit cocktail, 1% milk

WEDNESDAY

4

B – Scramble egg w/spinach, egg & cheese wg toast, red apple, 1% milk
L – Wg chicken tenders, mashed potatoes, California vegetables, tropical fruit can, 1% milk
S – Turkey & cheese sandwich on wg bread, Cheetos, 1% milk

B – Wg cereal, English muffin, parfait with berries frzn, 1% milk
L – Beef fajita gyro on wg flatbread, grilled zucchini, cucumber salad yogurt dressing, green grapes fresh, 1% milk
S – Cottage cheese, pineapple tidbits can, 1% milk

B – Pancakes, turkey sausage links, mixed berries frz, 1% milk
L – Grilled chicken breast, roasted red potatoes, wild rice/wg bread, green apple chunks fresh, 1% milk
S – String cheese, wg pretzel goldfish, 1% milk

B – Turkey ham & egg, wheat bagel sandwich, red apple fresh, 1% milk
L – Fajita chicken, black beans, brown rice/corn, diced pear can, 1% milk
S – Animal crackers, orange slices fresh, 1% milk

THURSDAY

5

B – pig in a blanket, cream of wheat, pineapple tidbits can, 1% milk
L – Wg club sandwich, w/turkey ham & bacon, carrot and celery sticks w/r, diced pear can, 1% milk
S – Cheddar cheese cubes, red grapes fresh, 1% milk

B – Bean & chorizo tacos on ww tortilla, strawberry & banana fresh, 1% milk
L – Wg chicken chunks w/orange glaze, tossed salad w/wg roll, green beans, tropical fruit can, 1% milk
S – Chef salad w/lettuce, egg, carrot, cucumber, tomato, & cheese, crackers, 1% milk

B – Potato & egg tacos on ww tortilla, banana fresh, 1% milk
L – Pulled BBQ brisket sandwich, on wg hoagie, baked beans/mixed veggies, diced pear cab, 1% milk
S – wg bagel w/egg salad, 1% milk

B – Egg & bacon tacos on ww tortilla banana fresh, 1% milk
L – Grilled chicken parmesan, w/marinara sauce & mozzarella chz/tossed salad, wg breadstick, red apple, 1% milk
S – Wg biscuit with honey, vanilla pudding, 1% milk

FRIDAY

6

B – Wg cereal, muffin, orange slices fresh, 1% milk
L – BBQ drumsticks, potato salad/wg roll, Brussel sprouts, sliced apple can, 1% milk
S – Chicken salad on wg flatbread, 1% milk

B – Egg & cheese sandwich on wg bread, mandarin oranges can, 1% milk
L – cod fish sandwich on wg bun, sweet potato tots, chopped romaine salad, diced peaches can, 1% milk
S – Greek yogurt fat free, fruit salad, 1% milk

B – Oatmeal, toasted wheat bagel, diced peaches, 1% milk
L – Chicken alfredo w/wg pasta, broccoli cuts, wg, garlic bread, apricot halves can, 1% milk
S – Granola, raisins, 1% milk

B – wg cereal, wg toast w/jelly, tropical fruit can, 1% milk
L – Cheeseburger on wg bun w/lettuce, tomato, pickle, carrot sticks w/ranch, mandarin oranges can, 1% milk
S – Roasted potato wedges w/chili and cheese sauce, 1% milk

JAN

MENU 2023

GEAR UP FOR GYM



ANNOUNCEMENTS:

January 2
New Years Holiday

January 16
Martin Luther King Day



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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