Kickapoo Head Start/Child Care Program

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

B – Wg cereal, muffin, orange

slices fresh, 1% milk

MENU 2023

GEAR UP FOR

L – BBQ drumsticks, potato salad/wg roll, Brussel sprouts,

New Year Holiday No School/No Work

- B Grilled ham & cheese slider on 3 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 Scramble eff w/spinach, egg & 4 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 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
- sliced apple can, 1% milk S - Chicken salad on wg flatbread, 1% milk

- 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 5 - Chili w/ground beef and

beans, corn bread 1% milk

- B Turkey sausage & egg, wg 10 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%
- B Wg cereal, English muffin, 11 parfait with berries frzn, 1% milk L - Beef fajita gyro on wg flatbread, grilled zucchini, cucumber salad yogurt dressing, green grapes
- S Cottage cheese, pineapple tidbits can, 1% milk

fresh, 1% milk

goldfish, 1% milk

- B Bean & chorizo tacos on ww 17 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 Egg & cheese sandwich on 13 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

Martin Luther King Jr. Day No School/No Work

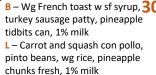
- B Turkey bacon & egg tacos on ww tortilla, granny smith apple fresh, 1% milk
- L Cheese enchiladas, refried beans, brown rice/corn, jello w/fruit cocktail, 1% milk
- S wg cheez it, peanut butter and jelly, sandwich on wg bread, 1%
- B Pancakes, turkey sausage links, mixed berries frz, 1% milk L - Grilled chicken breast, roasted red potatoes, wild rice/wg bread, green apple chunks fresh, 1% milk S - String cheese, wg pretzel
- 19 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** 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

ANNOUNCEMENTS:

January 2 New Years Holiday

January 16 Martin Luther King Day

- 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 Beef sausage wrap, wheat 24 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 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
- 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
- B wg cereal, wg toast w/jelly, 27 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



- 5 Green apple slices fresh, peanut butter, granola, 1% milk
- 31 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



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