

# 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, 30

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**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 1/1/2023  
www.SquareMeals.org