

SETA HEAD START MENU

January 2023

"This institution is an equal opportunity provider"

"Bread products are whole grain and sliced meats are processed."

Monday

2	Breakfast Week 2
NO CLASSES	
NO CLASSES	
NO CLASSES	
<u>Lunch</u>	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
<u>Snack</u>	
NO CLASSES	
NO CLASSES	

Tuesday

3	Breakfast Week 2
Milk, Low Fat 1%	
French Toast Sticks	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apple, fresh	
Carrot, fresh	
Chicken Drumsticks	
Whole Grain Buns	
Watermelon, fresh or	
<u>Snack</u>	
Milk, Low Fat 1%	
Rice Chex Cereal	

Wednesday

4	Breakfast Week 2
Milk, Low Fat 1%	
Oatmeal Cereal	
Pineapple, tidbits	
Raisins	
<u>Lunch</u>	
Milk, Low Fat 1%	
Chicken Teriyaki	
Rice, Brown	
Strawberries, fresh or	
Sunomono Salad	
Tangerine, fresh or	
<u>Snack</u>	
Muffin, Blueberry	
Peaches	

Thursday

5	Breakfast Week 2
Milk, Low Fat 1%	
Banana, fresh	
Crispix Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
BBQ Beef Brisket	
Oranges, fresh	
Tomato, fresh	
Whole Grain Mini Hoagie Roll	
<u>Snack</u>	
Milk, Low Fat 1%	
Crackers, Dick & Jane	

Friday

6	Breakfast Week 2
Milk, Low Fat 1%	
Apple, fresh	
Muffin, Banana	
<u>Lunch</u>	
Milk, Low Fat 1%	
Whole Wheat Bread	
Broccoli, fresh	
Cantaloupe, fresh	
Turkey Sliced	
<u>Snack</u>	
Applesauce	
Crackers, Remy's Graham	

9	Breakfast Week 3
Milk, Low Fat 1%	
Cheerios Cereal	
Oranges, fresh	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apple, fresh	
Green Peas	
Macaroni & Cheese	
Watermelon, fresh or	
<u>Snack</u>	
Crackers, Ritz Whole Wheat	
Pears	

10	Breakfast Week 3
Milk, Low Fat 1%	
Applesauce	
Waffles, sticks	
<u>Lunch</u>	
Milk, Low Fat 1%	
Chicken Drumsticks	
Spinach Salad	
Oranges, fresh	
Wheat Breadsticks	
<u>Snack</u>	
Apple, fresh	
Sun Butter	

11	Breakfast Week 3
Milk, Low Fat 1%	
Whole Wheat Biscuit	
Peaches	
<u>Lunch</u>	
Milk, Low Fat 1%	
Cantaloupe, fresh	
Fiesta Rice & Beans	
Tomato, diced	
<u>Snack</u>	
Milk, Low Fat 1%	
Strawberry Chex	

12	Breakfast Week 3
Milk, Low Fat 1%	
Banana, fresh	
Whole Wheat Bagel	
<u>Lunch</u>	
Milk, Low Fat 1%	
Carrot, fresh	
Chicken Salad	
Strawberries, fresh or	
Tangerine, fresh or	
Wheat Ciabatta Bread	
<u>Snack</u>	
Crackers, Dick & Jane	
Pineapple, tidbits	

13	Breakfast Week 3
Milk, Low Fat 1%	
Muffin, Banana	
Oranges, fresh	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Swiss American Cheese	
Tortilla, Whole Wheat	
Zucchini sticks	
<u>Snack</u>	
Milk, Low Fat 1%	
Raisin Bran Cereal	

16	Breakfast Week 4
NO CLASSES	
NO CLASSES	
NO CLASSES	
<u>Lunch</u>	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
<u>Snack</u>	
NO CLASSES	
NO CLASSES	

17	Breakfast Week 4
Milk, Low Fat 1%	
Pineapple, tidbits	
Whole Wheat Bagel	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Coleslaw Salad	
Tortilla, Whole Wheat	
Turkey & Cheese Roll Up	
<u>Snack</u>	
Milk, Low Fat 1%	
Cinnamon Chex Cereal	

18	Breakfast Week 4
Milk, Low Fat 1%	
Oatmeal Cereal	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Cheese Enchilada with Sauce	
Romaine Lettuce Salad	
Oranges, fresh	
<u>Snack</u>	
Carrot, fresh	
Crackers, Wheat Thins	
Hummus	

19	Breakfast Week 4
Milk, Low Fat 1%	
Apricots	
French Toast Sticks	
<u>Lunch</u>	
Milk, Low Fat 1%	
Beans Refried	
Cheddar Cheese	
Mangoes	
Tomato, diced	
Tortilla, Whole Wheat	
<u>Snack</u>	
Craisins - Dried Cranberries	
Cheese Sticks	

20	Breakfast Week 4
Milk, Low Fat 1%	
Apple, fresh	
Muffin, Blueberry	
<u>Lunch</u>	
Milk, Low Fat 1%	
Cantaloupe, fresh	
Carrot, fresh	
Crackers, Ritz Whole Wheat	
Tuna Salad	
<u>Snack</u>	
Milk, Low Fat 1%	
Crackers, Remy's Graham	

23	Breakfast Week 5
Milk, Low Fat 1%	
Pancakes	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Chicken Patty	
Coleslaw Salad	
Whole Wheat Bun	
<u>Snack</u>	
Cheese Sticks	
Pineapple, tidbits	

24	Breakfast Week 5
Milk, Low Fat 1%	
Apple, fresh	
Cinnamon Chex Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
Whole Wheat Bread	
Carrot, fresh	
Mangoes	
Turkey Sliced	
<u>Snack</u>	
Milk, Low Fat 1%	
Kix	

25	Breakfast Week 5
Milk, Low Fat 1%	
Whole Wheat Biscuit	
Peaches	
<u>Lunch</u>	
Milk, Low Fat 1%	
Beef, Salisbury Steak & Gravy	
Mashed Potatoes	
Whole Grain Buns	
Strawberries, fresh or	
Tangerine, fresh or	
<u>Snack</u>	
Crackers, Dick & Jane	
Juice 100%	

26	Breakfast Week 5
Milk, Low Fat 1%	
Oatmeal Cereal	
Pineapple, tidbits	
Raisins	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Romaine Lettuce Salad	
Spaghetti Casserole (turkey)	
<u>Snack</u>	
Milk, Low Fat 1%	
Strawberry Chex	

27	Breakfast Week 5
Milk, Low Fat 1%	
Muffin, Banana	
Oranges, fresh	
<u>Lunch</u>	
Milk, Low Fat 1%	
Banana, fresh	
Broccoli, fresh	
Chicken Salad	
Crackers, Wheat Thins	
<u>Snack</u>	
Milk, Low Fat 1%	
Rice Chex Cereal	

30	Breakfast Week 1
Milk, Low Fat 1%	
Pancakes	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Carrot, fresh	
Lemon Pepper Chicken	
Oranges, fresh	
Tortilla, Whole Wheat	
<u>Snack</u>	
Applesauce	
Crackers, Remy's Graham	

31	Breakfast Week 1
Milk, Low Fat 1%	
Apricots	
Raisin Bran Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
American Cheese	
Apple, fresh	
Whole Wheat Bread	
Celery Sticks	
Watermelon, fresh or	
<u>Snack</u>	
Milk, Low Fat 1%	
Strawberry Chex	