




January 2025 Head Start Menu - Biron/West Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">Milk is served with meals and snacks, occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day.</p> <p>WG = whole grain WGR = whole grain rich HM = homemade</p>		<p>1</p>  <p style="color: red;">Center Closed</p>	<p>2</p>  <p style="color: red;">Center Closed</p>	<p>3</p>  <p style="color: red;">Center Closed</p>
<p>6</p>  <p style="color: red;">Center Closed</p>	<p>7 Scrambled Eggs with Cheese, Pears</p> <p>WG Chicken Tender, Rice Pilaf, WG Roll, Peas, Applesauce</p> <p>WG Goldfish Crackers & String Cheese</p>	<p>8 WG Mini Waffles, Banana</p> <p>Cheeseburger Soup, Cheese Slices, WG Roll, Roasted Cauliflower, Grape</p> <p>WG Blueberry Snack Bread</p>	<p>9 Cinnamon Toast, Apple Slices</p> <p>Chicken Fajita Strips w/ Bell Pepper, WG Tortilla, Shredded Cheese, Lettuce, Corn, Pineapple</p> <p>WG Sunchips</p>	<p>10 WG Frosted Mini Wheats, Strawberries</p> <p>BBQ Beef Lentil, WG Bun, Cheese Slices, Baked Beans, Peaches</p> <p>WG Animal Crackers, 100% Juice</p>
<p>13 WG Cheerios, Blueberries</p> <p>Hot Shredded Chicken Ranch, Cheese Slices, Hawaiian Roll, Tater Tots, Pears</p> <p>WG Trail Mix</p> <p style="color: red;">IT ONLY</p>	<p>14 Cheese Omelet, WG Toast, Orange Slices</p> <p>Cheesy Flatbread w/ Sauce, Cottage Cheese, Seasoned Zucchini, Pineapple</p> <p>WG Chex Mix</p>	<p>15 WG French Toast Sticks, Turkey Sausage, Strawberries</p> <p>Burger with WG Bun, Cheese Slices, Potato Smiles, Pickles, Grape</p> <p>Yogurt, Blueberries, WG Granola</p>	<p>16 WG Muffin, Baked Cinnamon Apples</p> <p>Swedish Meatballs w/ Gravy, WG Brown Rice, Mixed Veggies, Mandarin Oranges</p> <p>WG Graham Snacks</p>	<p>17 WG Kix Cereal, Blueberries</p> <p>HM Grilled Cheese on WG Bread, Tomato Soup, Ham Slices, Winter Moon Veggies, Tropical Fruit</p> <p>HM WG Carrot Bread, 100% Juice</p>
<p>20 WG Bagel Toast, Cream Cheese, Jelly, Applesauce</p> <p>HM Creamy White Chili Soup w/ Chicken, WG Roll, Cooked Carrots, Kiwi</p> <p>Yogurt, Mixed Berries</p> <p style="color: red;">IT ONLY</p>	<p>21 Cheesy Egg & Hashbrown Bake, Mandarin Oranges</p> <p>Chicken Alfredo, Buttered Noodles, WG Breadstick, Broccoli, Tropical Fruit</p> <p>WG Tortilla Chips & Salsa</p>	<p>22 WG Life Cereal, Strawberries</p> <p>Meatloaf, Mashed Cauliflower & Potatoes w/ Gravy, WG Roll, Corn, Fruit Salad</p> <p>WG Crackers & Cheese Slices</p>	<p>23 WG Oatmeal & Dried Fruit, Banana</p> <p>HM Macaroni Cheese Sauce, Chicken Nuggets, Buttered Noodles, Cucumber & Dip, Apple Slices</p> <p>WG Rice Cakes</p>	<p>24 WG Waffle Sticks, Tropical Fruit</p> <p>WG Fish Sticks, Cheese Slice, Rice Pilaf, Peas, Peaches</p> <p>WG Cheez-It, 100% Juice</p>
<p>27 WG Pancakes, Fruit Salsa</p> <p>Chicken Patty, WG Roll, French Fries, Green Beans, Mixed Fruit</p> <p>Cottage Cheese, Peaches</p> <p style="color: red;">IT ONLY</p>	<p>28 Breakfast Burrito on WG Tortilla, Sliced Oranges</p> <p>Lasagna Rollup, Meat Sauce, Garlic Bread, Italian Blend Veggies, Apple Slices</p> <p>WG Animal Crackers</p>	<p>29 HM WG Banana Muffin Bars, Applesauce</p> <p>Egg Roll in a Bowl, Scrambled Eggs, WG Fried Rice, Cucumber Slices & Dip, Mandarin Oranges</p> <p>WG Muffins</p>	<p>30 WG Biscuits w/ Gravy or Jelly, Banana</p> <p>Chicken Noodle Soup, Cheese Cubes, WG Roll, Roasted Broccoli, Pears</p> <p>WG Trail Mix & String Cheese</p>	<p>31 Special K Cereal, Blueberries</p> <p>Bean & Beef Enchilada on WG Tortilla, Cheese Slice, Spanish Rice, Corn, Mango</p> <p>WG Peanut Butter & Jelly Sandwich</p>