





Wallenpaupack South School
Head Start Breakfast, Lunch & Snack
 This Institution is an equal opportunity employer



January 2018

Mon	Tue	Wed	Thu	Fri
1 	2 Yogurt with WG Graham Cracker Fresh Fruit, Fat Free White Milk WG French Toast Sticks Sausage Link, Hashbrown Patty Warm Apple Slices Juice Cup WG Goldfish Crackers Apple Juice	3 WG French Toast/Syrup Applesauce, Fat Free White Milk WG Rotini Pasta Meat or Cheese Sauce Caesar Salad WG Hot Breadstick, Peach Slices WG Mini Blueberry Muffin Fat free White Milk	4 Yogurt with WG Graham Cracker Fresh Fruit, Fat Free White Milk Breaded Chicken Patty on a WG Bun Roasted Redskin Potatoes Steamed Carrots Mixed Fruit American Cheese with WG Crackers Orange Juice	5 WG Rice Krispy Cereal Fresh Fruit , Fat free White Milk WG Wedge Pizza Fresh Veggies: Broccoli, Baby Carrots, Cucumbers With Hummus or Dip Chicken Noodle Soup, Apple Wedges WG Rice Krispy Treat Fat free White Milk
8 WG Mini Pancakes Fresh Fruit, Fat Free White Milk Hot Dog on a WG bun Oven Baked Fries Baked Vegetarian Beans Carrot Sticks/Dip, Applesauce/cinnamon WG Teddy Grahams Grape Juice	9 WG Bagel with Jelly Apple Wedges, Fat Free White Milk WG Chicken Strips Mashed Potatoes/Gravy Steamed Corn Pear Slices WG Bagel with Jelly Fat Free White Milk	10 WG Corn Flakes Fresh Fruit, Fat free White Milk Meatballs in Red Sauce/ Penne Pasta Shredded Mozzarella Tossed Green Salad, Italian Bread SideKick frozen juice cup WG Mini Blueberry Muffin Fat Free White Milk	11 Egg Omelet with WG Toast Fresh Grapes. Fat Free White Milk Chicken Alfredo wit a Twist Steamed Broccoli WG Hot Breadstick Fruited Gelatin/Topping WG PBJ Sandwich Grape Juice	12 WG French Toast/Syrup Applesauce, Fat Free White Milk WG Toasted Cheese Sandwich Tomato Soup Celery Sticks with Sunflower Butter WG Goldfish Crackers, Apple Wedges WG Graham Cracker Fat Free White Milk
15 WG Bagel with Jelly Applesauce, Fat Free White Milk Hamburger on a WG Bun Baked Vegetarian Beans Potato Puffs, Peach Slices WG Bagel with Jelly Fat Free White Milk	16 WG Rice Chex Cereal Fresh Fruit, Fat free White Milk WG Popcorn Chicken Romaine Salad with Baby Spinach WG Rice Mandarin Orange Slices WG Rice Krispy Treat Fat free White Milk	17 Egg Omelet with WG Toast Orange Wedges, Fat Free White Milk WG Penne Pasta Meat or Cheese Sauce Caesar Salad, WG Hot Breadstick Fresh Grapes Yogurt Grape Juice	18 WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk WG Chicken Nuggets Steamed Broccoli with Cheese Sauce Baked Potato Pear Slices American Cheese with WG Crackers Orange Juice	19 WG Cheerios Fresh Fruit, Fat Free White Milk Stuffed Mozzarella Breadsticks Marinara Sauce, Chicken Noodle Soup Roasted Vegetables Fresh Apple Yogurt Grape Juice
22 Yogurt with WG Graham Cracker Fat Free White Milk Walking Taco with Tortilla Chips Steamed Corn, WG Rice Applesauce/cinnamon WG Graham Cracker Fat Free White Milk	23 Egg Patty on a WG Croissant Orange Wedges, Fat Free White Milk WG Rotini Pasta Meat or Cheese Sauce Tossed Salad with Spinach WG Hot Breadstick, Peach Slices WG Animal Crackers Fat Free White Milk	24 WG Bagel with Jelly Applesauce, Fat Free White Milk Roasted Turkey /Gravy Mashed Potatoes, Steamed Corn Cranberry Sauce, WG Dinner Roll Ice Cream Cup WG PBJ Sandwich Fat Free White Milk	25 WG Mini Blueberry Muffin Fresh Grapes. Fat Free White Milk WG Chicken Strips Bowtie Noodles with Cheese Sauce Steamed Broccoli, Fresh Grapes WG Goldfish Crackers Apple Juice	26 Teacher In-Service No School for Pupils 
29 WG Mini Blueberry Muffin Apple Wedges, Fat free White Milk Chicken fajita in a Wrap Sautéed Peppers & Onions Hashbrown Patty WG Chocolate Chip Cookie American Cheese with WG Crackers Apple Juice	30 WG Mini Pancakes Apple Wedges, Fat Free White Milk Meatballs in Red Sauce/ Penne Pasta Shredded Mozzarella Tossed Green Salad, Italian Bread SideKick frozen juice cup WG Cereal Bar Fat Free White Milk	31 Yogurt with WG Graham Cracker Fat Free White Milk Hot Dog on a WG Bun Oven Baked Fries Baked Vegetarian Beans Carrot Sticks/Dip, Mixed Fruit WG PBJ Sandwich Fat Free White Milk	