January 2022

Nekoosa Head Start Breakfast Menu

Mon	Tue	Wed	Thu	Fri
3	*4* **WG Kix Cereal** Bananas Milk	*5* **WG Pancakes** Peaches Milk	*6* Cinnamon Toast Applesauce Milk	*7* **WG Muffins** Blueberries Milk
10	*11* **WG Life Cereal** Bananas Milk	*12* **WG Waffles** Strawberries Milk	*13* Bagels with Cream Cheese Mandarin Oranges Milk	*14* Crispix Cereal Mixed Fruit Milk
17	*18* **WG Mini Wheats** Strawberries Milk	*19* **WG Pancakes** Applesauce Milk	*20* **WG Waffles** Peaches Milk	*21* **WG Muffins** Oranges Milk
24	*25* Cornflakes Cereal Bananas Milk	*26* **WG French Toast** **Blueberries** Milk	*27* **WG Toast**, Peanut Butter, Jelly Apple Slices Milk	*28* **WG Kix Cereal** Mixed Fruit Milk
31	***All-day sessions receive Breakfast, Lunch and Snack.*** Milk is served with meals (occasionally juice may be served at snack instead of milk to 1-5 year old's). Unflavored 1% or skim milk is served to 2-5 year old's. Water is available throughout the day. **WG**=Whole Grain; **Bold=Whole Grain item**; HM=Homemade			

This institution is an equal opportunity provider

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Nekoosa Head Start PM Snack Menu

Mon	Tue	Wed	Thu	Fri
3 	*4* Yogurt **WG Granola** Strawberries Milk	*5* Cheese Crackers Milk	*6* Trail Mix with **WG Goldfish Crackers** Milk or 100% Juice	*7* Graham Crackers Peanut Butter Milk
10	*11* **WG Animal Crackers** Milk	*12* **WG Tortilla Chips** Salsa & Cheese Sauce Milk	*13* Pretzels, **WG Goldfish Crackers** Peanut Butter Milk or 100% Juice	*14* **WG Chex Mix** Milk
117	*18* Yogurt Blueberries **WG Granola** Milk	*19* **WG Graham Crackers** Milk	*20* Peanut Butter & Jelly **WG Sandwiches** Milk	*21* Pretzels String Cheese Milk or 100% Juice
24	*25* **WG Sun Chips** Milk	*26* Graham Crackers Peanut Butter Milk	*27* Carrots & Dip Goldfish Crackers Milk or 100% Juice	*28* Cheese Crackers Milk
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