

January 2024 Head Start Menu - Nekoosa Centers

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Happy New Year</i> ★★</p> <p>Center Closed</p>	<p>2</p>  <p>Center Closed</p>	<p>3 WG Blueberry Snack Bread, Apple Slices</p> <p>Chicken Nuggets, WG Dinner Roll, California Blend Vegetables, Celery Sticks, Sliced Peaches</p> <p>WG Peanut Butter & Jelly Sandwich</p>	<p>4 WG French Toast Sticks, Mixed Fruit</p> <p>Chicken Alfredo w/ Pasta, Bread Stick, Steamed Broccoli, Red Peppers, Applesauce</p> <p>WG Graham Crackers, Applesauce</p>	<p>5 WG Cheerios, Blueberries</p> <p>Cheese Pizza, Peas & Carrots, Baby Carrots, Diced Pears</p> <p>Apple Slices with Peanut Butter, 100% Juice</p>
<p>8</p>  <p>Center Closed</p>	<p>9 WG Life Cereal, Bananas</p> <p>Mini Corn Dogs, French Fries, Baby Carrots, Diced Peaches</p> <p>WG Goldfish Crackers</p>	<p>10 WG Crispix, Strawberries</p> <p>Beefy Nachos, Salsa, Refried Beans, Roasted Corn, Red Peppers, Fresh Grapes</p> <p>WG Muffins</p>	<p>11 WG Blueberry Bread, Pears</p> <p>Pasta w/Meat Sauce, Roasted Broccoli, Cherry Tomatoes, Apple Slices</p> <p>WG Tortilla Chips, Salsa</p>	<p>12 Hard Boiled Egg, WG PB & Jelly</p> <p>Cheese Bosco Stick, Marinara Sauce, Green Beans, Baby Carrots, Diced Pears</p> <p>WG Animal Crackers, 100% Juice</p>
<p>15 WG Cinnamon Toast, Tropical Fruit</p> <p>Grilled Cheese Sandwich, Tomato Soup, Steamed Peas, Cucumber Slices, Diced Peaches</p> <p>WG Graham Crackers, Mandarin Oranges</p> <p>Preschool in Session</p>	<p>16 WG Pumpkin Bread, Apple Slices</p> <p>Crispy Chicken Sandwich, Spiced Pinto Beans, Baby Carrots, Applesauce</p> <p>WG Trail Mix, 100% Juice</p>	<p>17 Rice Krispies, Dried Cranberries, Peaches</p> <p>Chicken Potstickers, WG Brown Rice, Steamed Carrots, Celery Sticks, Pineapple Tidbits</p> <p>WG Crackers, String Cheese</p>	<p>18 WG Frosted Mini Wheats, Mixed Berries</p> <p>Cheese Pizza, Green Beans, Baby Carrots, Applesauce</p> <p>WG Goldfish Crackers, Pretzels</p>	<p>19</p> <p><i>Let it Snow</i> ❄️❄️❄️</p> <p>Center Closed</p>
<p>22</p>  <p>Center Closed</p>	<p>23 Special K Cereal, Strawberries</p> <p>Beef Chili, WG Dinner Roll, Steamed Corn, Broccoli Florets, Sliced Pears</p> <p>WG SunChips, 100% Juice</p>	<p>24 WG Honey Bunches of Oats Cereal, Strawberries</p> <p>Cheeseburger on Bun, Potato Wedges, Celery Sticks, Orange</p> <p>WG Goldfish Crackers, String Cheese</p>	<p>25 WG Muffin, Apple Slices</p> <p>Popcorn, Chicken Bowl, Bread Stick, Broccoli Florets, Applesauce</p> <p>WG PB & J, Raisins</p>	<p>26 WG Waffle Sticks, Tropical Fruit Salad</p> <p>Cheese Pizza, Steamed Green Beans, Broccoli Florets, Diced Pears</p> <p>WG Rice Cakes with Peanut Butter/Cream Cheese</p>
<p>29</p>  <p>Center Closed</p>	<p>30 WG Kix Cereal, Blueberries</p> <p>Pancakes, Sausage Patties, Tater Tots, Baby Carrots, Fresh Grapes</p> <p>Yogurt, Blueberries, WG Granola</p>	<p>31 WG Bagels, Strawberries</p> <p>Orange Chicken, WG Brown Rice, Steamed Broccoli, Red Peppers, Pineapple Tidbits</p> <p>WG Animal Crackers</p>	<p>All-day session children receive breakfast, lunch & snack.</p> <p>Unflavored 1% milk is served with meals and snacks, occasionally juice is served at snack time instead of milk. Water is available throughout the day.</p> <p>WG = whole grain WGR = whole grain rich HM = homemade</p>	

