

January 2024 Head Start Menu - West Centers

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>1</p> <p><i>Happy New Year</i> ★★</p> <p>Center Closed</p> | <p>2 WG Life Cereal, Mandarin Oranges</p> <p>Pizza Burgers on WG Bun, Potato Smiles, Pears</p> <p>WG Trail Mix</p> <p>No Preschool/4K</p> | <p>3 WG English Muffin Egg & Cheese Sandwich, Bananas</p> <p>HM Macaroni & Cheese, Diced Ham, WG Breadstick, Peas, Tropical Fruit Salad</p> <p>WG Peanut Butter & Jelly Sandwich</p> | <p>4 WG French Toast Sticks, Mixed Fruit</p> <p>Meatballs with Mashed Potatoes & Gravy, WG Bun, California Vegetables, Peaches</p> <p>WG Graham Crackers, Applesauce</p> | <p>5 WG Cheerios, Blueberries</p> <p>HM Chicken & Cheese WG Quesadilla, Cottage Cheese, Peppers Slices & Dip, Orange Slices</p> <p>Apple Slices with Peanut Butter, 100% Juice</p> |
| <p>8</p>  <p>Center Closed</p> | <p>9 WG Bagels with Jam, Strawberries</p> <p>WG Chicken Nuggets, Rice Pilaf, WG Roll, Peas, Applesauce</p> <p>WG Goldfish Crackers</p> | <p>10 Special K Cereal Bananas</p> <p>Tacos (WG Tortillas, Taco Meat w/Lentils, Shredded Cheddar Cheese, Lettuce, Tomato, Sour Cream, Salsa), Corn, Fruit Cocktail</p> <p>WG Muffins</p> | <p>11 WG Waffles, Blueberries</p> <p>Chicken Noodle Soup, WG Roll, Cheese Cubes, Baby Carrots & Dip, Apple Slices</p> <p>WG Tortilla Chips, Salsa</p> | <p>12 Scrambled Eggs with Cheese, WG Toast, Pineapple</p> <p>BBQ on a WG Bun, Cheese Slices, Winter Moon Vegetables, Peaches</p> <p>WG Animal Crackers, 100% Juice</p> |
| <p>15 WG Cheerios Cereal, Tropical Fruit</p> <p>Chicken Patty on WG Bun, French Fries, Cucumber Slices, Pears</p> <p>Hard Boiled Egg, String Cheese</p> <p>No Preschool/4K</p> | <p>16 WG Pancakes, Pears</p> <p>Beef Roast, Mashed Cauliflower/Potatoes & Gravy, WG Roll, Cooked Carrots, Fruit Salad</p> <p>WG Graham Crackers, Peanut Butter</p> | <p>17 WG Oatmeal w/ Dried Fruit and Nuts,</p> <p>Cheesy Flatbread, Lettuce Salad with Tomatoes & Cucumbers, Cottage Cheese, Strawberries</p> <p>WG Trail Mix, 100% Juice</p> | <p>18 WG Frosted Mini Wheats, Apple Slices</p> <p>Burger with WG Bun, Cheese Slices, Diced Potatoes, Peaches</p> <p>WG Goldfish Crackers, Pretzels</p> | <p>19 Cheese Omelet, WG Toast</p> <p>Sweet & Sour Chicken, Brown Rice, Green Beans, Mandarin Oranges</p> <p>WG Graham Snacks</p> |
| <p>22 WG Toast with Peanut Butter, Blueberries</p> <p>Chicken Alfredo Pasta, WG Roll, Broccoli, Kiwi</p> <p>Yogurt, Mixed Berries</p> <p>No preschool or 4K</p> | <p>23 Cheesy Hashbrown Bake, Turkey Sausage, Strawberries</p> <p>Cheeseburger Soup, WG Breadsticks, Roasted Cauliflower, Grapes</p> <p>WG Sunchips, 100% Juice</p> | <p>24 WG Life Cereal, Bananas</p> <p>Stuffed Shells, Meat Sauce, Green Beans, Garlic Bread, Mandarin Oranges</p> <p>WG Goldfish Crackers, String Cheese</p> | <p>25 WG Muffin, Baked Cinnamon Apples</p> <p>Scalloped Potatoes & Ham, WG Roll, Broccoli, Peaches</p> <p>WG English Muffin halves with Cream Cheese, Raisins</p> | <p>26 WG Waffle Sticks, Tropical Fruit Salad</p> <p>Shredded Ranch Chicken, Cheese Slices, Hawaiian Roll, Cooked Peas, Pears</p> <p>WG Rice Cakes with Peanut Butter</p> |
| <p>29 WG Pancakes, strawberries</p> <p>Lasagna Casserole, WG Roll, Red pepper Strips & Dip, Pineapple</p> <p>Cottage Cheese, Peaches</p> <p>No preschool or 4K</p> | <p>30, Kix Cereal, Blueberries</p> <p>Egg Roll in a Bowl, Scrambled Eggs, Fried WG Brown Rice, Green Beans, Pears</p> <p>WG Animal Crackers</p> | <p>31 WG English Muffins, Strawberries</p> <p>Tomato Soup, HM Grilled Cheese WG Sandwich, Ham Slices, Roasted Broccoli, Mandarin Oranges</p> <p>Yogurt, Blueberries, WG Granola</p> | <p>All-day session children receive breakfast, lunch and snack.</p> <p>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> | |

* Infants and Toddlers (I/T) will be fed "on demand" according to their own feeding patterns and what is developmentally right for each child. Infants that are developmentally ready are provided with infant cereal by itself or w/fruit &/or vegetables as well as some of the menu items. Peanut Butter is NOT fed to infants under 1 year according to Wisconsin State Licensing.