

# January 2026 Head Start Menu - MFLD Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All-day session children receive breakfast, lunch &amp; 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>			<p>1</p> <p><b>Center Closed</b></p> <p><i>Happy New Year</i> ★★</p>	<p>2 Special K Cereal, Blueberries</p> <p>Ham Slices, WG Bun, Cheese Slices, Tater Tots, Mandarin Oranges</p> <p>Scooby Grahams <b>Y Kids Only</b></p>
<p>5 <b>WG</b> Blueberry Snack Bread, Pears</p> <p>Mini Corn Dogs French Fries, Baby Carrots, Diced Peaches</p> <p><b>WG</b> Muffin <b>Y Kids Only</b></p>	<p>6 <b>WG</b> Life Cereal, Blueberries</p> <p><b>HM</b> Chicken Noodle Soup, Crackers, Cheesy Breadstick, Green Beans, Pineapple</p> <p><b>WG</b> Goldfish Crackers</p>	<p>7 Scrambled Eggs, <b>WG</b> Toast, Bananas</p> <p>Pasta w/Meat Sauce, Garlic Bread, Cooked Broccoli, Mandarin Oranges</p> <p><b>WG</b> Muffins</p>	<p>8 <b>WG</b> Mini Waffles, Apple Slices</p> <p>WG Tortilla Shells, Taco Meat, Refried Beans, Salsa, Shredded Cheese, Red Pepper Strips, Grapes</p> <p><b>WG</b> Tortilla Chips, Salsa</p>	<p>9 <b>WG</b> Cheerios, Strawberries</p> <p>Grilled Cheese Sandwich on <b>WG</b> Bread, Tomato Soup, Ham Slices, Cucs w/ Dip, Clementines</p> <p><b>WG</b> Animal Crackers, 100% Juice</p>
<p>12 Rice Krispies, Applesauce</p> <p>Ham Slices, Scalloped Potatoes, <b>WG</b> Roll, Green Beans, Orange Slices</p> <p><b>WG</b> Graham Crackers <b>I/T Only</b></p>	<p>13 Cinnamon Toast, Peaches</p> <p>Creamy Potato Soup, Cottage Cheese, <b>WG</b> Breadstick, Mixed Veggies, Fruit Cocktail</p> <p><b>WG</b> Chex Mix, 100% Juice</p>	<p>14 <b>WG</b> Pumpkin Bread, Apple Slices</p> <p>Chicken Tenders, <b>WG</b> Brown Rice, California Blend Veggies, Pineapple Tidbits</p> <p><b>WG</b> Crackers, String Cheese</p>	<p>15 <b>WG</b> Frosted Mini Wheats, Banana</p> <p>Pulled Pork Sandwich on <b>WG</b> Bun, Baked Beans, Baby Carrots w Dip, Melon</p> <p><b>WG</b> Goldfish Crackers, Pretzels</p>	<p>16 <b>WG</b> French Toast Sticks, Fruit Salsa</p> <p>Chicken Alfredo w/ Pasta, Mini Naan, Steamed Peas, Pears</p> <p><b>WG</b> Graham Snacks, Applesauce</p>
<p>19 <b>WG</b> Muffin, Applesauce</p> <p><b>WG</b> Macaroni and Cheese, Diced Ham, Peas, Diced Peaches</p> <p><b>WG</b> Animal Crackers <b>I/T Only</b></p>	<p>20 Special K Cereal Strawberries</p> <p>Hamburger on Bun, Cheese Slices, Sweet Potato Fries, Orange Slices</p> <p><b>WG</b> Sunchips</p>	<p>21 <b>WG</b> Granola, Yogurt, Banana</p> <p>Beef Chili, Shredded Cheese, Sour Cream, Crackers, <b>WG</b> Noodles, Steamed Corn, Pears</p> <p><b>WG</b> Goldfish Crackers, String Cheese</p>	<p>22 Oatmeal, Raisins/Craisins, <b>WG</b> Toast</p> <p><b>WG</b> Popcorn Chicken, Mini Naan, Broccoli, Applesauce</p> <p>Trail Mix with <b>WG</b> Goldfish Crackers</p>	<p>23 <b>WG</b> Waffle Sticks, Tropical Fruit</p> <p><b>WG</b> English Muffin Cheese Pizza, Cottage Cheese, Mixed Vegetables, Mixed Fruit</p> <p>Rice Cakes, 100% Juice</p>
<p>26 <b>WG</b> Cheerios, Blueberries</p> <p>Shredded Chicken, Buttered Noodles, Green Beans, Applesauce</p> <p>Cottage Cheese, <b>WG</b> Crackers <b>I/T Only</b></p>	<p>27 <b>WG</b> Banana Bread, Clementines</p> <p><b>WG</b> Fish Nuggets, Tater Tots, Cooked Carrots, Tropical Fruit</p> <p><b>WG</b> Chex Mix</p>	<p>28 Scrambled Eggs, <b>WG</b> Toast, Apple Slices</p> <p>Orange Chicken, Rice Pilaf, Steamed Broccoli, Pineapple Tidbits</p> <p>Yogurt, <b>WG</b> Granola</p>	<p>29 <b>WG</b> Bagels, Cream Cheese, Banana</p> <p>Sloppy Joes on a <b>WG</b> Bun, Cheese Slices, Potato Smiles, Pickles, Melon</p> <p><b>WG</b> Animal Crackers</p>	<p>30 <b>WG</b> Pancakes, Turkey Sausage, Mixed Berries</p> <p>Meatballs with Gravy, Mashed Potatoes, <b>WG</b> Roll, California Blend Vegetable, Grapes</p> <p><b>WG</b> Peanut Butter and Jelly Sandwich</p>