



January 2017

THREE RIVERS HEAD START MENU



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Monday	Tuesday	Wednesday	Thursday	Friday
	3 ****Lunch**** Cheeseburger on Bun Steamed Carrots Fresh Apple Milk, Low Fat and Fat Free	4 ****Lunch**** Brunch: French Toastix (4) w/Syrup and Sausage Pattie and Scrambled Eggs Baked Tater Tots Raisins Milk, Low Fat and Fat Free	5 ****Lunch**** Breaded Chicken Pattie on Bun Carrot Sticks with Ranch 100 % Fruit Juice, 4 oz Milk, Low Fat and Fat Free	6
9 ****Lunch**** Chicken Smackers (10) with Whole Grain Breadstick Cheesy Potatoes Applesauce Milk, Low Fat and Fat Free	10 ****Lunch**** Jammer Slammer Lunchable Fresh Side Salad Fresh Apple Milk, Low Fat and Fat Free	11 ****Lunch**** Stuffed Crust Cheese Pizza Green Beans Chilled Strawberries Milk, Low Fat and Fat Free	12 ****Lunch**** Chicken Rings (5) with Baked Mini Soft Pretzel Carrot Sticks with Ranch Fresh Orange Smiles (2) Milk, Low Fat and Fat Free	13 NO SCHOOL
16 MARTIN LUTHER KING DAY NO SCHOOL	17 ****Lunch**** Taco Beef Nachos with Cheese Tossed Salad Deluxe Fruit Salad Milk, Low Fat and Fat Free	18 ****Lunch**** Brunch: French Toastix (4) w/Syrup and Sausage Pattie and Scrambled Eggs Tater Tots Cinnamon Apples Milk, Low Fat and Fat Free	19 ****Lunch**** Grilled Cheese Sandwich Celery Sticks Fresh Orange Smiles (2) Milk, Low Fat and Fat Free	20
23 ****Lunch**** Cheesy Bread w/ Marianara Sauce Fresh Mixed Greens Applesauce Milk, Low Fat and Fat Free	24 ****Lunch**** Popcorn Chicken (12) with Brown Rice Cheesy Potatoes Fresh Fruit Milk, Low Fat and Fat Free	25 ****Lunch**** Chili Cheese Dip w/Baked Nacho Chip Dippers Corn on the Cob or Corn Pears Milk, Low Fat and Fat Free	26 ****Lunch**** Chicken Rings (5) with Baked Mini Soft Pretzel Broccoli Deluxe Fruit Salad Milk, Low Fat and Fat Free	27
30 ****Lunch**** Chicken Tenders (3) with Garlic Texas Toast Cheesy Potatoes Pears Milk, Low Fat or Fat Free	31 ****Lunch**** Rotini with Meat Sauce and Garlic Bread Fresh Tossed Salad Applesauce Milk, Low Fat or Fat Free			