

**Rutland County Head Start/ Early Care and Education Program
January 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Program CLOSED
4	5	6	7	8
<u>Breakfast</u> Whole Grain English Muffin w/ Sun Butter and Peaches <u>Lunch</u> Whole Grain Chicken Nuggets, Cucumbers and Melon <u>Snack</u> Whole Grain Cheeze-It Crackers and Carrot Sticks	<u>Breakfast</u> Yogurt, Whole Grain Granola and Berries <u>Lunch</u> Whole Grain Mac & Cheese, Beets and Pineapple <u>Snack</u> Cheese Sticks and Pears	<u>Breakfast</u> Whole Grain Breakfast Burrito w/ Egg & Cheese and Pears <u>Lunch</u> Salisbury Steak, Whole Grain Roll, Mashed Potatoes and Grapes <u>Snack</u> Cucumbers and Skim Milk	<u>Breakfast</u> Whole Grain Cereal and Bananas <u>Lunch</u> Tomato Soup, Whole Grain Toasted Cheese Pockets and Melon <u>Snack</u> Cottage Cheese and Peaches	<u>Breakfast</u> Whole Grain Pancakes and Applesauce <u>Lunch</u> Tuna in a Whole Grain Roll, Carrot Sticks and Mixed Fruit <u>Snack</u> Corn Bread and Skim Milk
11	12	13	14	15
<u>Breakfast</u> Whole Grain Oatmeal-Raisin Bread and Pears <u>Lunch</u> Cheese Ravioli w/ Sauce, Whole Grain Roll, Celery Sticks and Pineapple <u>Snack</u> Berries and Skim Milk	<u>Breakfast</u> Whole Grain Waffles and Applesauce <u>Lunch</u> Whole Grain Soft Tacos w/ Lettuce & Tomatoes and Oranges <u>Snack</u> Deviled Eggs and Whole Grain Crackers	<u>Breakfast</u> Cheese Omelet, Whole Grain English Muffins and Mandarin Oranges <u>Lunch</u> Whole Grain Pasta w/ Chicken, Broccoli & Alfredo Sauce and Melon <u>Snack</u> Apple Crisp and Skim Milk	<u>Breakfast</u> Cottage Cheese, Whole Grain Crackers and Peaches <u>Lunch</u> Spinach & Cheese Quiche and Apples Slices <u>Snack</u> Celery and Sun Butter	<u>Breakfast</u> Whole Grain Cereal and Berries Program CLOSSES AT NOON <u>Bag Lunch</u> Sun Butter & Jelly Sandwich, Carrot Sticks and Banana w/ 100% Juice Box

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19	20	21	22
<u>Breakfast</u> Whole Grain English Muffin, Sun Butter and Oranges <u>Lunch</u> Pulled Pork, Whole Grain Roll, Green Beans and Peaches <u>Snack</u> Cucumbers and Skim Milk	<u>Breakfast</u> Yogurt, Whole Grain Granola and Berries <u>Lunch</u> Whole Grain Fish Sticks, Corn and Pears <u>Snack</u> Whole Grain Chips and Spinach & Cottage Cheese Dip	<u>Breakfast</u> Whole Grain Cereal, Hard Boiled Eggs and Bananas <u>Lunch</u> Chicken Parm w/ Cheese & Sauce, Whole Grain Roll, Broccoli and Apples <u>Snack</u> Whole Grain Gold Fish and Berries	<u>Breakfast</u> Cottage Cheese, Whole Grain Crackers and Peaches <u>Lunch</u> Turkey & Cheese on Whole Grain Bread, Carrots Sticks and Melon <u>Snack</u> Celery and Sun Butter	<u>Breakfast</u> Whole Grain Turkey Sausage & Cheese Breakfast Sandwich and Peaches <u>Lunch</u> Chicken & Biscuits w/ Peas & Carrots and Mixed Fruit <u>Snack</u> Whole Grain Pretzels and Cucumbers
25	26	27	28	29
<u>Breakfast</u> Fruit Bread and Pears <u>Lunch</u> Sloppy Joe on a Whole Grain Roll, Peas & Carrots and Mixed Fruit <u>Snack</u> Whole Grain Animal Crackers and Skim Milk	<u>Breakfast</u> Cheese Omelet, Whole Grain Toast and Oranges <u>Lunch</u> Roasted Chicken, Whole Grain Rolls, Potatoes and Apple Slices <u>Snack</u> Turkey Roll-Ups and Broccoli	<u>Breakfast</u> Cottage Cheese, Whole Grain Crackers and Peaches <u>Lunch</u> Whole Grain Cheese Pizza, Cucumbers and Melon <u>Snack</u> Hummus and Flat Bread	<u>Breakfast</u> Whole Grain Bagel, Sun Butter and Mixed Fruit <u>Lunch</u> Chef Salad w/ Turkey, Tomatoes & Cucumbers, Whole Grain Crotons and Oranges <u>Snack</u> Hard Boiled Eggs and Skim Milk	<u>Breakfast</u> Whole Grain Pancakes and Applesauce <u>Lunch</u> Whole Grain Spaghetti & Meatballs, Salad and Mixed Fruit <u>Snack</u> Oranges and Skim Milk

***Fat Free Milk is offered with every breakfast and lunch.
Fat Free milk is an option at snack when indicated on the menu.
Water is available at all times.**

Rutland County Head Start participates in the Child & Adult Food Care Program through the Vermont Department of Education and the USDA.

USDA is an equal opportunity provider and employer.