



PALMYRA HEAD START MENU
January 2012

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
2. No School New Year's Day Celebration	3. Day 5 Manager's Choice Oven Baked Potato Wedges Chilled Peaches 1/2 Pint Milk	4. Day 6 Traditional Meat Lasagna Side Salad Garlic Toast Mixed Fruit 1/2 Pint Milk	5. Day 1 Cheesesteak on Hoagie Roll Green Beans Petit Banana 1/2 Pint Milk	6. Day 2 Beef Burrito w/ Salsa Hispanic Rice Side Salad Orange Smiles 1/2 Pint Milk	
9. Day 3 Corndog Nuggets Carrot Coins Apple 1/2 Pint Milk	10. Day 4 Beef Chili Mixed Vegetables Corn Bread Sliced Pears 1/2 Pint Milk	11. Day 5 Hot Pork Sandwich Mashed Potatoes w/ Gravy Orange Wedges 1/2 Pint Milk	12. Day 6 Mac & Cheese Green Beans Bread Stick Pineapple Tidbits 1/2 Pint Milk	13. Day 1 Meatball Hoagie Steamed Broccoli & Cheese Petit Banana 1/2 Pint Milk	
16. No School M.L. King Holiday	17. Day 2 Chicken Enchiladas Side Salad Fruit Cocktail 1/2 Pint Milk	18. Day 3 Breakfast for Lunch French Toast Sticks Ham Slice Potato Rounds Orange Smiles 1/2 Pint Milk	19. Day 4 Sloppy Joes on Bun Green Beans Apple 1/2 Pint Milk	20. Day 5 Cougar Bowl (popcorn chicken, mashed potatoes, corn, & gravy) Dinner Roll Chilled Peaches 1/2 Pint Milk	
23. No School	24. Day 6 Chinese New Year's Celebration Pork Fry Rice Oriental Vegetables Orange Smiles 1/2 Pint Milk	25. Day 1 Italian Dunkers w/ Marinara Sauce Green Beans Cinnamon Applesauce 1/2 Pint Milk	26. Day 2 Hard Shell Beef Taco Steamed Corn Pineapple Tidbits 1/2 Pint Milk	27. Day 3 Turkey Club Sandwich Soup Du Jour Steamed Broccoli Apple 1/2 Pint Milk	
30. Day 4 Pierogie Casserole Side Salad Chilled Peaches 1/2 Pint Milk	31. Day 5 Jamaican Pork White Rice Steamed Broccoli Apple 1/2 Pint Milk				

BREAKFAST MENU

Monday

Ultimate Breakfast
Round

Tuesday

Yogurt & Peaches

Wednesday

Waffles

Thursday

Breakfast Chicken on
Biscuit

Friday

Variety of Cereal

Daily Breakfast

Choices:

-Assorted Whole
Grain Cereals with
Toast

-Variety of Fresh
Bagels

-Hot Entrée

All breakfasts
served with
Fruit and
Low Fat Milk

Menu

Subject to Change

Available Daily at Lunch: Fresh Fruit, Carrot or Celery Sticks, Tossed Salad
Milk Choices: Skim, 1% Low fat, Nonfat Flavored Milk & Alternate Choices for Eligible Students

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