



Farrell Area Schools Head Start Breakfast Menu January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL WINTER BREAK HAPPY NEW YEAR	2 NO SCHOOL WINTER BREAK	3 ASSORTED CEREAL Orange Juice Milk	4 ASSORTED CEREAL Orange Juice Milk
	7 ASSORTED CEREAL Orange Juice Milk	8 ASSORTED CEREAL Orange Juice Milk	9 FRENCH TOAST SQUARES Orange Juice Milk	10 ASSORTED CEREAL Orange Juice Milk	11 ASSORTED CEREAL Orange Juice Milk
	14 ASSORTED CEREAL Orange Juice Milk	15 ASSORTED CEREAL Orange Juice Milk	16 MINI BLUEBERRY PANCAKES Orange Juice Milk	17 ASSORTED CEREAL Orange Juice Milk	18 ASSORTED CEREAL Orange Juice Milk
	21 NO SCHOOL MARTIN LUTHER KING JR DAY	22 ASSORTED CEREAL Orange Juice Milk	23 MINI CINNIS Orange Juice Milk	24 ASSORTED CEREAL Orange Juice Milk	25 ASSORTED CEREAL Orange Juice Milk
	28 ASSORTED CEREAL Orange Juice Milk	29 ASSORTED CEREAL Orange Juice Milk	30 MINI PANCAKES Orange Juice Milk	31 ASSORTED CEREAL Orange Juice Milk	February 1 ASSORTED CEREAL Orange Juice Milk
	Menu subject to change				

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability

Farrell Area Schools Head Start Lunch Menu January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 NO SCHOOL WINTER BREAK HAPPY NEW YEAR	2 NO SCHOOL WINTER BREAK	3 ROTINI PASTA with MEATBALLS Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	4 CHEESE PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk
		7 MEATBALL HOAGIE on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	8 NACHOS GRANDE on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	9 CHICKEN NUGGETS Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	10 ZITI PASTA with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
	14 CHEESEBURGERS on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	15 CHICKEN NACHOS with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	16 CHICKEN SANDWICH on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	17 SEASHELLS with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	18 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
All milk is 1% low fat All bread is whole grain	21 NO SCHOOL MARTIN LUTHER KING JR DAY	22 CHEESE QUESADILLAS Corn 1/2 cup fresh or cupped fruit Low fat milk	23 TURKEY and CHEESE SUB on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	24 SPAGHETTI with MEATBALLS Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	25 CHEESE PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk
Menu subject to change	28 BREAKFAST FOR LUNCH Whole Grain French Toast Sticks Tater Tots Yogurt 1/2 cup fresh or cupped fruit Low fat milk	29 NACHOS GRANDE with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	30 BAKED CHICKEN Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	31 ROTINI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	February 1 MEXICAN PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk

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