


Farrell Area Schools Head Start Breakfast Menu January 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	4 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	5 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	6 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	7 WG BLUEBERRY MINI LOAF 7/g sugar per ounce 4oz Orange Juice 1% White Milk
	Every student of Farrell Schools is entitled to breakfast and lunch at no cost!	10 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	11 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	12 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	13 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk
	17 NO SCHOOL Martin Luther King Jr. Day	18 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	19 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	20 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	21 WG BLUEBERRY MINI LOAF 7/g sugar per ounce 4oz Orange Juice 1% White Milk
Milk offered daily: fat free chocolate, 1% white, fat free strawberry All bread is whole grain	24 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	25 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	26 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	27 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	28 WG BLUEBERRY MINI LOAF 7/g sugar per ounce 4oz Orange Juice 1% White Milk
Menu subject to change	31 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	February 1 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	February 2 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	February 3 WG ASSORTED CEREAL 6/g sugar per ounce 4oz Orange Juice 1% White Milk	February 4 WG BLUEBERRY MINI LOAF 7/g sugar per ounce 4oz Orange Juice 1% White Milk

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 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	3 CHEESEBURGERS on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	4 WALKING TACOS with Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	5 CHICKEN SANDWICH on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	6 MACARONI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	7 MEATLOAF Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
	10 TOASTED CHEESE SANDWICH Tomato Soup 1/2 cup fresh or cupped fruit Low fat milk	11 CHEESEBURGERS Corn 1/2 cup fresh or cupped fruit Low fat milk	12 TURKEY and CHEESE SUB on Whole Grain Bun Tater Tots 1/2 cup fresh or cupped fruit Low fat milk	13 ROTINI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	14 CHEESE PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk
	17 NO SCHOOL Martin Luther King Jr. Day	18 CORN DOGS French Fries 1/2 cup fresh or cupped fruit Low fat milk	19 NACHOS GRANDE on Whole Grain Tortilla Chips Corn 1/2 cup fresh or cupped fruit Low fat milk	20 CHICKEN TENDERS Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	21 PENNE PASTA with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk
All milk is 1% low fat All bread is whole grain	24 CHICKEN NUGGETS Whole Grain Dinner Roll Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk	25 WALKING TACOS with Whole Grain Tortilla Chips Black Beans / Corn 1/2 cup fresh or cupped fruit Low fat milk	26 ASIAN CHICKEN on Bed of Brown Rice Steamed Broccoli 1/2 cup fresh or cupped fruit Low fat milk	27 MACARONI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	28 MEATLOAF Whole Grain Breadstick(9-12) Mashed Potatoes 1/2 cup fresh or cupped fruit Low fat milk
Menu subject to change	30 SLOPPY JOES on Whole Grain Bun French Fries 1/2 cup fresh or cupped fruit Low fat milk	February 1 HOT HAM & CHEESE SANDWICH on Whole Grain Bun Steamed Broccoli 1/2 cup fresh or cupped fruit Low fat milk	February 2 CHICKEN SANDWICH on Whole Grain Bun Baked Beans 1/2 cup fresh or cupped fruit Low fat milk	February 3 ROTINI with MEAT SAUCE Garden Romaine Salad 1/2 cup fresh or cupped fruit Low fat milk	February 4 MEXICAN PIZZA French Fries 1/2 cup fresh or cupped fruit Low fat milk

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