



January 2026

Headstart Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|--|
| <p>5</p> <p>Cheerios Cereal Cran/Raspberry Juice Craisins</p> <p>Lunch</p> <p>Hamburger on a Bun Tater Tots Applesauce</p> | <p>6</p> <p>Cinnamon Bun *Fruit Punch Juice Applesauce</p> <p>Lunch</p> <p>Bean & Cheese Burrito Pinto Beans Mango</p> | <p>7</p> <p>3 Cheese Quesadilla Orange Tangerine Juice Strawberries & Blueberries</p> <p>Lunch</p> <p>Grilled Turkey & Cheese Sandwich Potato Wedges Sliced Peaches</p> | <p>8</p> <p>Apple Strudel Strawberry Kiwi Juice Pears</p> <p>Lunch</p> <p>BBQ Chicken w/ Cornbread Green Beans Orange Smiles</p> | <p>9</p> <p>Banana Chocolate Breakfast Bar Apple Juice Apricots</p> <p>Lunch</p> <p>Pepperoni Pizza Garden Salad w/Ranch Applesauce</p> |
| <p>12</p> <p>Blueberry Muffin Cran/Raspberry Juice Applesauce</p> <p>Lunch</p> <p>Chicken Patty Sandwich Spiral Cut Fries Sliced Gala Apple</p> | <p>13</p> <p>Confetti Pancakes *Fruit Punch Juice Pears</p> <p>Lunch</p> <p>Beef & Cheese Tacos Corn w/ Green Chile Tangerines</p> | <p>14</p> <p>Honey Bun Orange Tangerine Juice Apricots</p> <p>Lunch</p> <p>Chicken Drumstick w/ Dinner Roll Mashed Potatoes/Gravy Fresh Strawberries</p> | <p>15</p> <p>Bean & Cheese Burrito Strawberry Kiwi Juice Peaches & Pears</p> <p>Lunch</p> <p>Chicken Nuggets Broccoli, Carrots & Cauliflower Kiwi Wedges</p> | <p>16</p> <p>Breakfast Bites Apple Juice Strawberries & Blueberries</p> <p>Lunch</p> <p>Beef Macaroni Green Beans Peaches</p> |
| <p>19</p> <p>NO SCHOOL</p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p> | <p>20</p> <p>Kix Cereal *Fruit Punch Juice Peaches</p> <p>Lunch</p> <p>Beef & Cheese Burrito Pinto Beans Craisins</p> | <p>21</p> <p>Cheesy Scrambled Egg w/ Warm Tortilla Orange Tangerine Juice Pineapple</p> <p>Lunch</p> <p>Orange Chicken w/ Brown Rice Garlic Broccoli Mandarin Oranges</p> | <p>22</p> <p>French Toast Sticks Strawberry Kiwi Juice Pears</p> <p>Lunch</p> <p>Cheeseburger Buttered Corn Applesauce</p> | <p>23</p> <p>Chocolate Chip Muffin Apple Juice Mandarin Oranges</p> <p>Lunch</p> <p>Cheese Lasagna w/ Garlic Toast Garden Salad w/Ranch Apricots</p> |
| <p>26</p> <p>Chex Cereal Cran/Raspberry Juice Peaches & Pears</p> <p>Lunch</p> <p>Sloppy Joe Sandwich Tater Tots Sliced Granny Smith Apple</p> | <p>27</p> <p>Bagel Stuffed w/ Strawberry Cream Cheese *Fruit Punch Juice Pineapple</p> <p>Lunch</p> <p>Chicken Nachos Charro Beans Mango</p> | <p>28</p> <p>Banana Bread Orange Tangerine Juice Sliced Apples</p> <p>Lunch</p> <p>Sliced Turkey Mashed Potatoes w/ Gravy and a Roll Fresh Pear</p> | <p>29</p> <p>Turkey Sausage Breakfast Pizza Strawberry Kiwi Juice Apricots</p> <p>Lunch</p> <p>Cheeseburger Sliders Crinkle Cut Fries Strawberries, Blackberries & Blueberries</p> | <p>30</p> <p>NO SCHOOL</p>  |

1% Milk Offered Daily for Breakfast & Lunch

*Fruit Punch Juice contains apple, pear, jujube fruit, cherry, orange & pineapple juice.

Questions or concerns call 623-707-2059 or email us at foodservice@fesd.org

This institution is an equal opportunity provider.