





January 2026

Headstart Menu



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

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.