

## HES Early Childhood Lunch Menu January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
4. 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread	5. Apple Juice Chicken Hot Dogs Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	6. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread	7. Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit	8. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
11. 1% Milk Baked Ziti (plain pasta available) Hard Boiled Eggs Cucumber Slices	12. Apple Juice Baked Chicken Nuggets Mashed Potato Corn Fresh fruit	13. 1% Milk Potato Knish Hard Boiled Egg Cucumber Slices Fresh Fruit	14. Apple Juice Hamburgers Whole Wheat buns Baked French Fries Coleslaw Fresh fruit	15. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
18.  School Closed	19. Apple Juice Turkey Meatballs Spaghetti Sliced Green Peppers Fresh Fruit	20. 1% Milk Fish Sticks Brown Rice Chopped Salad Whole Wheat Bread	21. Apple Juice Roasted Baked Chicken Couscous Cucumber Slices Fresh fruit	22. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes
25. 1% Milk Cheese Ravioli (plain pasta available) Hard Boiled eggs Carrots Whole Wheat Bread	26. Apple Juice Breaded Chicken Mashed Potatoes Corn Fresh fruit	27. 1% Milk Macaroni & Cheese Hard boiled eggs Carrots Whole Wheat Bread	28. Apple Juice Grilled Chicken Cutlets Whole Wheat Bread Couscous Chopped Salad Fresh fruit	29. 1% milk Pizza Tuna Fish Salad w/Diced Fresh Tomatoes

VACATION PROGRAM BEGINS DECEMBER 24TH TO JAN 1 FOR WINTER RECESS. STUDENTS WILL RETURN ON JAN 4TH.