



JANUARY | 2020

Knightstown Elementary Headstart

Serving size appropriate for ages 3-5

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 This institute is an equal opportunity provider.	30 Winter Break No School	31 Winter Break No School	1 Happy New Year	2 Winter Break No School	3 Winter Break No School	4 Fresh and canned fruit served.
5 Menu subject to change without notice.	6 Winter Break No School	7 Grilled Chicken on WG Bun (CN) 1 Juicy Juice 4oz Potato Wedges 1/4 c Diced Pears 1/4 c 1% White Milk 8oz	8 WG Spaghetti w/Meat Sauce 6oz(HM) Tossed Salad 1/2c California Blend 1/4 c Applesauce 1/4 c 1% White Milk 8oz	9 Tenderloin on WG Bun (CN) 1 Baked Beans 1/4 c Cole Slaw 1/4 c Diced Peaches 1/4 c 1% White Milk 8oz	10 WG French Toast (CN) 1 w/Syrup Cup Tator Tots 1/4 c Orange Slices 1/4 c 1% White Milk 8oz	11
12	13 Pepperoni Pizza On WG Crust (CN) 1 Corn 1/4 c Steamed Carrots 1/4 c Mixed Fruit 1/4 c 1% White Milk 8oz	14 WG Lasagna (CN) 1 Tossed Salad 1/2 c Dragon Punch 4oz Apple Slices 1/4 c 1% White Milk 8oz	15 Hot Dog on WG Bun (CN) 1 Broccoli w/Cheese 1/4 c Curly Fries 1/4 c Strawberries 1/4 c 1% White Milk 8oz	16 Beef Taco On WG Tortilla (CN) 1 Shredded Lettuce 1/4 c Refried Beans 1/4 c Banana 1/4 c 1% White Milk 8oz	17 WG Chicken Leg (CN) 1 Mashed Potatoes 1/4 c Green Beans 1/4 c Diced Pears 1/4 c 1% White Milk 8oz	18
19	20 Egg & Cheese Omelet (CN) 1 Biscuit 1 Hash Browns 1/4 c Orange Slices 1/4 c 1% White Milk 8oz	21 Hamburger on WG Bun (CN) 1 Carrot Sticks 1/4 c French Fries 1/4 c Applesauce 1/4 c 1% White Milk 8oz	22 WG Chicken Fries (CN) 5 Tossed Salad 1/2 c Buttered Peas 1/4 c Raisins 1/4 c 1% White Milk 8oz	23 Rockin Chicken Chili (HM) 6oz Tortilla Chips 6oz Corn 1/4 c Diced Peaches 1/4 c 1% White Milk 8oz	24 WG Mini Corn Dogs (CN) 4 Potato Wedges 1/4 c Green Beans 1/4 c Apple Slices 1/4 c 1% White Milk 8oz	25 Breakfast Prices: Paid: \$1.70 Reduced: .30 Adult: \$3.50
26 Lunch Prices: Paid: \$2.40 Reduced: .40 Adult: \$3.50	27 WG Breaded Chicken Patty on WG Bun (CN) 1 Sweet Potato Fries 1/4 c Baked Beans 1/4 c Mixed Fruit 1/4 c 1% White Milk 8oz	28 WG Bosco Stick (CN) 1 Marinara 1/4 c Tossed Salad 1/2 c Strawberries 1/4 c 1% White Milk 8oz	29 Steak Bites (CN) 4 WG Dinner Roll 1 Baked Potato 1/4 c Broccoli 1/4 c Diced Pears 1/4 c 1% White Milk 8oz	30 WG Chicken Quesadilla (CN) 1 Shredded Lettuce 1/4 c Corn 1/4 c Banana 1/4 c 1% White Milk 8oz	31 WG Macaroni & Cheese (CN) 1 6oz Green Beans 1/4 c Veggie Cups 1/4 c Applesauce 1/4 c 1% White Milk 8oz	1 Breakfast served daily in the cafeteria starting at 7:50.