

Dorchester School District 4

007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 CHRISTMAS HOLIDAY BREAK	Jan - 2 CHRISTMAS HOLIDAY BREAK	Jan - 3 CHRISTMAS HOLIDAY BREAK	Jan - 4 CHRISTMAS HOLIDAY BREAK
Jan - 7 CHRISTMAS HOLIDAY BREAK	Jan - 8 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESAUCE C MILK	Jan - 9 CHICKEN BISCUIT 100% FRUIT JUICE MILK	Jan - 10 BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW 100% FRUIT JUICE APPLESAUCE, SWEETENED MILK	Jan - 11 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL
Jan - 14 TURKEY SAUSAGE ROLL 100% FRUIT JUICE MILK	Jan - 15 WRAPRED SAUSAGE BITES 100% FRUIT JUICE MIXED FRUIT CUP MILK FRUIT, FRESH ASSORTED	Jan - 16 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Jan - 17 SAUSAGE BISCUIT 100% FRUIT JUICE MILK	Jan - 18 Teacher Work Day
Jan - 21 MLK Holiday	Jan - 22 FISH STICKS 100% FRUIT JUICE MILK KETCUP/HEINZ/LOW SODIUM	Jan - 23 FRUDEL APPLE FILLED 100% FRUIT JUICE MILK	Jan - 24 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESAUCE C MILK	Jan - 25 HAM & CHEESE BISCUIT/WG 100% FRUIT JUICE MILK CHILLED PINEAPPLE TIDBIT
Jan - 28 DUTCH WAFFLES 100% FRUIT JUICE MILK	Jan - 29 GRILLED CHEESE SANDWICH BANANAS 100% FRUIT JUICE MILK	Jan - 30 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Jan - 31 FRENCH TOAST STICKS MILK MANDARIN ORANGES	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.