

Dorchester School District 4
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1	Jan - 2	Jan - 3 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESAUCE C MILK	Jan - 4 GRILLED CHEESE SANDWICH BANANAS 100% FRUIT JUICE MILK	Jan - 5 CHOCOLATE BEAR GRAHAMS YOGURT, DANNON, LF, STRA MILK BANANAS
Jan - 8 MINI CINNAMON ROLLS 100% FRUIT JUICE MILK STRAWBERRY CUP, COMMODO	Jan - 9 ASSORTED CEREAL 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Jan - 10 WRAPRED SAUSAGE BITES 100% FRUIT JUICE MIXED FRUIT CUP MILK FRUIT, FRESH ASSORTED	Jan - 11 YOPLAIT PARFAIT KEEBLER GRIPZ FOR PARFAIT MIXED FRUIT CUP MILK	Jan - 12 FISH STICKS 100% FRUIT JUICE MILK KETCHUP/HEINZ/LOW SODIUM
Jan - 15 HOLIDAY	Jan - 16 FRENCH TOAST STICKS MILK MANDARIN ORANGES	Jan - 17 DUTCH WAFFLES 100% FRUIT JUICE MILK	Jan - 18 ASSORTED CEREAL APPLE SLICES W/ CINNAMON MILK 100% FRUIT JUICE	Jan - 19 CHICKEN BISCUIT 100% FRUIT JUICE MILK
Jan - 22 BLUEBERRY PANCAKES IW CINNAMON PANCAKES IW 100% FRUIT JUICE APPLESAUCE, SWEETENED MILK	Jan - 23 SAUSAGE PATTIE 100% FRUIT JUICE MILK	Jan - 24 MINI CINNAMON ROLLS 100% FRUIT JUICE MILK STRAWBERRY CUP, COMMODO	Jan - 25 ASSORTED CEREAL MILK BANANAS	Jan - 26 DONUT HOLE GLAZED 100% FRUIT JUICE MILK
Jan - 29 POP TART/LOW FAT STRAWB POP TART/ BROWN SUGAR CI 100% FRUIT JUICE MILK STRING CHEESE, MOZZAREL	Jan - 30 SAUSAGE BISCUIT 100% FRUIT JUICE MILK	Jan - 31 BLUEBERRY MUFFIN APPLE MUFFIN STRAWBERRY APPLESAUCE C MILK		

**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.