

Dorchester School District 4  
007 - HEAD START

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1	Jan - 2	Jan - 3 CHICKEN NUGGETS BREADE FRENCH FRIES ASPARAGUS FRUIT,FRESH ASSORTED KETCUP/HEINZ/LOW SODIUM MILK	Jan - 4 CHICKEN ALA KING for K thru SQUASH,SUMMER 100% FRUIT JUICE MILK BROWN RICE, UNCLE BEN'S FRUIT,FRESH ASSORTED	Jan - 5 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN 100% FRUIT JUICE MILK ROSY APPLESAUCE
Jan - 8 CHICKEN NUGGETS BREADE ROLL,HONEY WHEAT RANCH PEAS & CARROTS 100% FRUIT JUICE FRUIT,FRESH ASSORTED MILK	Jan - 9 HAMBURGER STEAK IN GRAV WHIPPED POTATOES CARROTS FRUIT,FRESH ASSORTED MILK	Jan - 10 BEEF A RONI LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Jan - 11 MACARONI AND CHEESE FRUIT CUP, CANNED & FRES MILK GREEN BEANS, SEASONED	Jan - 12 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK
Jan - 15 HOLIDAY	Jan - 16 SPAGHETTI SAUCE W/ MEAT CORN,CANNED ROLL,HONEY WHEAT RANCH MILK	Jan - 17 CHEESEBURGE MEATLOAF LIMA BEANS, FROZEN FRUIT,FRESH ASSORTED MILK	Jan - 18 CHICKEN FILLET ON BUN LETTUCE & TOMATO SUCCOTASH KETCUP/HEINZ/LOW SODIUM MILK FRUIT,FRESH ASSORTED	Jan - 19 PIZZA/WG PEPPERONI WEDG TOSSED SALAD W/ DRESSIN MILK FRUIT,FRESH ASSORTED
Jan - 22 MANDARIN ORANGE CHICKE ASIAN STIR FRIED RICE TURNIP GREENS MILK FRUIT,FRESH ASSORTED	Jan - 23 SPAGHETTI SAUCE W/ MEAT BREADSTICKS, WHOLE WHEA CALIFORNIA BLEND FRUIT,FRESH ASSORTED MILK	Jan - 24 CHICKEN PARMESAN W/SPAG WHIPPED POTATOES COOKED COLLARDS CHILLED PINEAPPLE TIDBIT MILK	Jan - 25 VEGETABLE SOUP W/ BEEF CHEDDAR GOLDFISH CRACKE PEARS MILK STRING CHEESE, MOZZAREL	Jan - 26 PIZZA, CHEESE/THE MAX MARINATED FRESH VEGETAB ROSY APPLESAUCE MILK
Jan - 29 CHICKEN NOODLE SOUP FOR CHEDDAR GOLDFISH CRACKE SAVORY PEAS 100% FRUIT JUICE CHILLED PINEAPPLE TIDBIT MILK	Jan - 30 HAMBURGER ON WHOLE WH BAKED BEANS, BUSH'S FRENCH FRIES LETTUCE & TOMATO CHILLED PEACHES MUSTARD KETCUP/HEINZ/LOW SODIUM MILK	Jan - 31		

**\*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.**

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