



January Early Head Start, Head Start & CD BIC/Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
	1 Winter Break No School	2 Winter Break No School	3 Winter Break No School	4 Teacher Workday No School
7 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	8 Breakfast Grilled Cheese Applesauce (EHS) Red Apple (HS/CD)	9 Blueberry Pancakes Raisins	10 French Toast Sticks 100% Apple Juice	11 Mini Blueberry Muffin Vanilla Yogurt Dried Fruit
14 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	15 Blueberry Pancakes Applesauce (EHS) Red Apple (HS/CD)	16 Honey Nut Cheerios Strawberry Banana Yogurt Raisins	17 Breakfast Grilled Cheese Mandarin Oranges (EHS) Gala Apple (HS/CD)	18 Banana Muffin Vanilla Yogurt Dried Fruit Early Release Day for Students
21 No School 	22 French Toast Sticks Applesauce (EHS) Red Apple (HS/CD)	23 Blueberry Muffin Strawberry Banana Yogurt Raisins	24 Cinnamon Pancakes Mandarin Oranges (EHS) Gala Apple (HS/CD)	25 Homemade Chicken Biscuit Dried Fruit
28 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	29 Breakfast Grilled Cheese Applesauce (EHS) Red Apple (HS/CD)	30 Honey Nut Cheerios Strawberry Banana Yogurt Raisins	31 French Toast Sticks 100% Apple Juice	

Formula/breast milk, baby food, baby cereal, & transitional foods provided upon request.

Milk served daily
 1-2 year old Whole White Milk
 2-5 years White Skim Milk

Grits and Egg Bowl served at participating locations each Wednesday. (Not available in BIC schools)



GF –Gluten Free
 EHS –Early Head Start
 HS/CD Head Start/ Child Development

**Nutrition Services
 Charleston County
 School District**

843-566-8180

www.ccsdschools.com