




January Early Head Start, Head Start & CD Lunch 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 Chopped Empanadas (EHS) Empanadas (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	8 Chopped Meatball Marinara (EHS) Meatball Marinara (HS/DC) Rotini Pasta Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	9 Chopped Grilled Chicken Breast Brown Rice Steamed Corn Banana (EHS) Orange(HS/CD)	10 Homemade Macaroni & Cheese Steamed Broccoli Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	11 Chopped Sausage & Waffles (EHS) Sausage & Waffles (HS/CD) Steamed Carrots Sliced Pears (EHS) Pear (HS/CD)
14 Meatloaf w/ Tomato Sauce ½ WG Breadstick Steamed Broccoli Pineapple Tidbits (EHS) Granny Smith Apple (HS/CD)	15 Grilled Cheese Baked Beans Mandarin Oranges (EHS) Raisins (HS/CD)	16 Beef Nacho Meat w/ Soft Tortilla Wedges (EHS) Beef Nachos (HS/CD) Steamed Corn Banana (EHS) Orange (HS/CD)	17 Chopped Chicken & Waffles (EHS) Chicken & Waffles (HS/CD) Steamed Green Beans Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	18 Lowcountry Breakfast Bowl (Grits, Scrambled Eggs, & Bacon) Steamed Carrots Sliced Pears (EHS) Pear (HS/CD) Early Release Day for Students
21 No School 	22 Chopped Cheese Quesadilla (EHS) Cheese Quesadilla (HS/CD) Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	23 Chopped Orange Chicken (EHS) Orange Chicken (HS/CD) Brown Rice Steamed Carrots Banana (EHS) Orange(HS/CD)	24 Chopped Salisbury Steak (EHS) Salisbury Steak (HS/CD) WG Texas Toast Mashed Potatoes Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	25 Teriyaki Chicken Brown Rice Steamed Broccoli Sliced Pears (EHS) Pear (HS/CD) Biscuit Dried Fruit
28 Chopped Empanadas (EHS) Empanadas (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	29 Chopped Meatball Marinara (EHS) Meatball Marinara (HS/DC) Rotini Pasta Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	30 Chopped Grilled Chicken Breast Brown Rice Steamed Corn Banana (EHS) Orange(HS/CD)	31 Homemade Macaroni & Cheese Steamed Broccoli Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	

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



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