

**Tyler ISD St. Louis Headstart Menu
January 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Breakfast Fruit Choice:</u> Monday- Diced Peaches Tuesday- Applesauce Wednesday- Diced Pears Thursday- Fruit Cocktail Friday- Diced Peaches</p> <p style="text-align: center;">1% White Milk offered Daily at Breakfast and Lunch!</p>	<p>Jan 1</p> 	<p>Jan 2</p> <p style="text-align: center; color: red;">Christmas Break</p>	<p>Jan 3</p> <p style="text-align: center; color: red;">Christmas Break</p>	<p>Jan 4</p> <p style="text-align: center; color: red;">Christmas Break</p>
<p>Jan 7 French Toast Sticks <u>Lunch Entrée:</u> Chicken Tenders <u>Fruit/vegetable:</u> Mashed Potatoes Seasoned Green Beans Raisin</p>	<p>Jan 8 Sausage Biscuit <u>Lunch Entrée:</u> Grilled Cheese Sandwich <u>Fruit/vegetable:</u> Smiles Mashed Potatoes Steamed Broccoli Spears w/wo cheese sauce Applesauce</p>	<p>Jan 9 Blueberry Mini Pancakes <u>Lunch Entrée:</u> Cheese Pizza <u>Fruit/vegetable:</u> Romaine Salad Seasoned Pinto Beans Blueberry Craisins</p>	<p>Jan 10 Sausage Roll <u>Lunch Entrée:</u> Pizza Cheese Sticks <u>Fruit/vegetable:</u> Fresh Carrot Sticks Steamed Corn Orange Wedges</p>	<p>Jan 11 Maple Mini Waffles <u>Lunch Entrée:</u> Mini Corn Dogs <u>Fruit/vegetable:</u> Lettuce/Tomato/Pickle Chips Oven Baked Fries Sliced Red Apples</p>
<p>Jan 14 Sausage Biscuit <u>Lunch Entrée:</u> Steak Fingers w/Roll (w/wo Gravy) <u>Fruit/vegetable:</u> Steamed Broccoli Spears w/wo cheese sauce Mashed Potatoes Strawberry Craisins</p>	<p>Jan 15 Yogurt w/Scooby Doo Grahams <u>Lunch Entrée:</u> Hamburger <u>Fruit/vegetable:</u> Baked Seasoned Fries Lettuce, Tomatoes, Pickle Chips Orange Wedges</p>	<p>Jan 16 Maple Mini Pancakes <u>Lunch Entrée:</u> Chicken Rings <u>Fruit/vegetable:</u> Seasoned Pinto Beans Smiles Mashed Potatoes Diced Peaches</p>	<p>Jan 17 Sausage Pancake on a Stick <u>Lunch Entrée:</u> Grilled Cheese Sandwich <u>Fruit/vegetable:</u> Mixed Vegetables Fresh Baby Carrot Sticks Applesauce</p>	<p>Jan 18 French Toast Sticks <u>Lunch Entrée:</u> Turkey & Cheese on a Bun w/Baked Cheetos Puffs <u>Fruit/vegetable:</u> Tossed Romaine Salad Seasoned Corn Sliced Green Apples</p>
<p>Jan 21</p> <p style="text-align: center;">Martin Luther King Jr. Holiday NO SCHOOL!!!</p>	<p>Jan 22 Sausage Roll <u>Lunch Entrée:</u> Chicken Tenders w/Roll <u>Fruit/vegetable:</u> Seasoned Green Beans Mashed Potatoes Cherry Craisins</p>	<p>Jan 23 Yogurt w/Scooby Doo Grahams <u>Lunch Entrée:</u> Cheeseburger <u>Fruit/vegetable:</u> Baked Seasoned Fries Lettuce, Tomatoes, Pickle Chips Sliced Red Apples</p>	<p>Jan 24 French Toast Sticks <u>Lunch Entrée:</u> Pizza Cheese Sticks w/wo Marinara <u>Fruit/vegetable:</u> Romaine Salad Fresh Baby Carrot Sticks Orange Wedges</p>	<p>Jan 25 Sausage Biscuit <u>Lunch Entrée:</u> Mini Corn Dogs <u>Fruit/vegetable:</u> Tossed Romaine Salad Seasoned pinto Beans Diced Pears</p>
<p>Jan 28 Maple Mini Pancakes <u>Lunch Entrée:</u> Oven Fried Chicken w/Roll <u>Fruit/vegetable:</u> Seasoned Green Beans Mashed Potatoes Strawberry Craisins</p>	<p>Jan 29 Sausage Pancake on a Stick <u>Lunch Entrée:</u> Beef Dorito Nachos <u>Fruit/vegetable:</u> Romaine Salad Refried Beans Orange Wedges</p>	<p>Jan 30 Breakfast Pizza <u>Lunch Entrée:</u> Beef Ravioli w/Roll <u>Fruit/vegetable:</u> Tossed Romaine Salad Mixed Vegetables Sliced Green Apples</p>	<p>Jan 31 Sausage Biscuit <u>Lunch Entrée:</u> Stuffed Crust Pepperoni Pizza <u>Fruit/vegetable:</u> Fresh Baby Carrot Sticks Seasoned Corn Applesauce</p>	<p style="text-align: center;">Cereal & Graham Crackers offered at Breakfast</p>

****Breakfast & Lunch is Free for All Students****