



Institute of Community Service
 January 2025 Menu
 Hours of Operation:
 Monday – Friday
 8:00 a.m. – 3:00 p.m.

**MENU SUBJECT TO CHANGE

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: January 6th- 10th 2025	<u>Breakfast</u> WG Pancakes Peaches 1% low fat Milk <u>Lunch</u> Baked Ham Mashed Potatoes Green Beans WG Roll 1% low fat Milk <u>Snack</u> Graham Cracker Orange Juice	<u>TACO TUESDAY</u> <u>Breakfast</u> Oatmeal Apricots 1% low fat milk <u>Lunch</u> Beef Tacos Mexican Corn Tropical Fruit WG Tortilla Wrap 1% low fat Milk <u>Snack</u> Cheez- its Grape Juice	<u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk <u>Lunch</u> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk <u>Snack</u> Yogurt Crackers	<u>Breakfast</u> Cheese Grits Sliced Apples 1% low fat Milk <u>Lunch</u> Meatloaf Steamed Cabbage Diced Pears Cornbread 1% Low fat Milk <u>Snack</u> Strawberry Chex Mix Apple Juice	<u>Breakfast</u> WG Toast Banana 1% low fat Milk <u>Lunch</u> Chicken Breast Patty Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk <u>Snack</u> Raisin Bread String Cheese
Week 2: January 13th – 17th 2025	<u>Meatless Monday</u> <u>Breakfast</u> Oatmeal Sliced Pineapples 1% low fat milk <u>Lunch</u> Grilled Cheese Sandwich Vegetable Soup Pears 1% low fat Milk <u>Snack</u> Orange Juice Cheez-its	<u>Breakfast</u> Grits Mixed Fruit 1% low fat milk <u>Lunch</u> Chicken Spaghetti Peaches Green Peas WG Bread 1% low fat Milk <u>Snack</u> Strawberry Chex Mix Grape Juice	<u>Breakfast</u> WG French Toast Applesauce 1% low fat milk <u>Lunch</u> Chicken Tenders Sweet Potato Fries Sliced Pears WG Bread 1% low fat Milk <u>Snack</u> Mango Goldfish Cracker	<u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> Beef Patty w/ Gravy Brown Rice Green Beans Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread	<u>Breakfast</u> WG Cheese Toast Tropical Fruit 1% low fat milk <u>Lunch</u> Sloppy Joe Cole Slaw Apricot WG Bun 1% low fat milk <u>Snack</u> Graham Cracker Yogurt

Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ½ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt. 1% low fat
 Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1.5 oz. Meat or Alternate
 ¼ c. fruit
 ¼ c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack:
Time Served
2:00 pm -2:15 pm
 (Two of the Five)
 ½ oz. Meat or Alternate
 ½ cup of Fruit or Fruit
 Juice
 ½ c. Vegetable
 ½ oz Grains
 Milk or Dairy

Early Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 1/4 cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt 1% low fat Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1 oz. Meat or Alternate
 1/8 c. fruit
 1/8 c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack: Time Served
2:00 pm-2:15 pm
 (Two of the Five)
 ½ oz. Meat or
 Alternate
 1/2 c of Fruit or Fruit
 Juice
 1/2 c. Vegetable
 ½ oz Grains
 Milk or Dairy

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This institute is an equal opportunity provider

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 3: January 20th - 24th 2025</p>	<p><u>Meatless Monday</u> <u>Breakfast</u> Oatmeal Pineapples 1% low fat milk <u>Lunch</u> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk <u>Snack</u> Grape Juice Cheez-its</p>	<p><u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk <u>Lunch</u> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk <u>Snack</u> Yogurt Goldfish Crackers</p>	<p><u>Breakfast</u> Cheese Toast Diced Pears 1% low fat Milk <u>Lunch</u> Taco Soup Spanish Rice Pineapple tidbits WG Crackers 1% low fat Milk <u>Snack</u> Cheez-its Orange Juice</p>	<p><u>Breakfast</u> WG Waffles Banana 1% low fat Milk <u>Lunch</u> Sliced Ham Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk <u>Snack</u> String Cheese Grape Juice</p>	<p><u>Breakfast</u> Grits Peaches 1% low fat Milk <u>Lunch</u> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk <u>Snack</u> Strawberry Chex Mix Apple Juice</p>
<p>Week 4: January 27th – 31st 2025</p>	<p><u>Meatless Monday</u> Breakfast Oatmeal Pineapples 1% low fat milk Lunch Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk Snack Grape Juice Cheez-its</p>	<p><u>Breakfast</u> WG Biscuit Breakfast Ham Mixed Fruit 1% low fat milk <u>Lunch</u> WG Spaghetti w/ Meat Sauce Green Beans Carrots 1% low fat Milk <u>Snack</u> Chex Mix Orange Juice</p>	<p><u>Breakfast</u> Grits Sliced Peaches 1% low fat milk <u>Lunch</u> BBQ Pork Patties Collard Greens Sweet Potatoes Corn Bread 1% low fat Milk <u>Snack</u> Mangos Goldfish Cracker</p>	<p><u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> Oven Fried Chicken Brown Rice Green Beans Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread</p>	<p><u>Breakfast</u> WG Cinnamon Toast Tropical Fruit 1% low fat milk <u>Lunch</u> Cheeseburger Baked Fries Apricot WG Bun 1% low fat milk <u>Snack</u> Graham Cracker Yogurt</p>

Head Start

Breakfast:
Time Served
9:00 am- 9:30am
 ½ cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt. 1% low fat
 Milk
 Other Food

Lunch:
Time Served
11:30 am- 12:00 pm
 1.5 oz. Meat or Alternate
 ¼ c. fruit
 ¼ c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack:
Time Served
2:00 pm -2:15 pm
 (Two of the Five)
 ½ oz. Meat or Alternate
 ½ cup of Fruit or Fruit
 Juice
 ½ c. Vegetable
 ½ oz Grains
 Milk or Dairy

Breakfast:
Time Served
9:00 am- 9:30am
 1/4 cup Vegetables,
 Fruit, Or Both
 ½ oz Grains
 ½ pt 1% low fat Milk
 Other Food

Early Head Start

Lunch:
Time Served
11:30 am- 12:00 pm
 1 oz. Meat or Alternate
 1/8 c. fruit
 1/8 c. vegetables
 (2 diff vegetables or
 1 vegetable and 1 fruit)
 ½ oz bread/Grains
 ½ pt. 1% Fat Free Milk
 Other Foods

Snack: Time Served
2:00 pm-2:15 pm
 (Two of the Five)
 ½ oz. Meat or
 Alternate
 1/2 c of Fruit or Fruit
 Juice
 1/2 c. Vegetable
 ½ oz Grains
 Milk or Dairy