

January 2023

Towns County Pre-K

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Teacher Workday	4 Chicken Nuggets Mashed Potatoes Green Beans Lettuce/Tomato/Pickle Chicken Biscuit Milk & Juice	5 Beef Rotini Broccoli with Cheese Pinto Beans Potato Casserole Mini Pancakes Milk & Juice	6 Chicken Sandwich Potato Smiles Corn / Veggie Dippers Lettuce/Tomato Cereal Milk & Juice
9 Poppy seed Chicken Green Peas Sweet Potato Fries Pinto Beans Cereal Milk & Juice	10 Baked Chicken Macaroni & Cheese Black-eyed Peas Turnip Greens Breakfast Pizza Milk & Juice	11 Hot Ham & Cheese Sandwich Broccoli Veggie Dippers Chicken Biscuit Milk & Juice	12 Pizza Corn Green Beans Carrot Dippers Mini Pancakes Milk & Juice	13 Cheeseburger Baked Beans Tater Tots Veggie Dippers Lettuce/Tomato Cereal Milk & Juice
16  Martin Luther King Jr. Day	17 Chicken Tenders Mashed Potatoes Black-eyed Peas Carrots Breakfast Pizza Milk & Juice	18 Spaghetti Garlic Toast Broccoli with Cheese Sweet Potato Fries Veggie Dippers Chicken Biscuit	19 Pizza Corn Green Beans Blueberry Crisp Mini Pancakes Milk & Juice	20 Chicken Sandwich Baked Beans Potato Smiles Veggie Dippers Breakfast Bread Milk & Juice
23 Cheese Quesadilla Green Peas Sweet Potato Fries Pinto Beans Marinara Sauce Cereal	24 Chicken Pot Pie Turnip Greens Black-eyed Peas Mashed Potatoes Breakfast Pizza Milk & Juice	25 Lasagna Broccoli with Cheese Carrots Garlic Toast Chicken Biscuit Milk & Juice	26 Pizza Corn Green Beans Veggie Dippers Mini Pancakes Milk & Juice	27 Cheeseburger Baked Beans Seasoned Fries Sandwich Toppings Cereal Milk & Juice
30 Beef Rotini Broccoli with Cheese Potato Casserole Pinto Beans Mini Waffles Milk & Juice	31 Beef Taco Black Beans Corn / Salsa Sour Cream & Fixings Breakfast Pizza Milk & Juice	Did you know? As of January 3, 1959, Alaska officially became the 49th state of the United States.		

School Info

Meals are no longer free for everyone.
Meal Prices are:
Head Start Meals are Free
Full Pay Lunch: \$2.50
Reduced Lunch: .40
Adult Lunch: \$4.50
Extra Foods range from \$.75 to \$3.00.

Harvest of the Month



Greens:
Collards, Mustards, and Turnip

Winter Greens are excellent sources of vitamins K, A, and C and are considered nutrition powerhouses.

Menu is subject to change without notice.

This institution is an equal opportunity provider.