



STEPS Head Start

Moving Lives Forward

January 2025 Menu

Head Start (Ages 3-5 years old)

Appomattox, Buckingham, and Nottoway

Monday – 30	Tuesday – 31	Wednesday – 1	Thursday – 2	Friday - 3
<p>Happy New Year! Welcome Back!!</p> 				
Monday - 6	Tuesday - 7	Wednesday – 8	Thursday – 9	Friday - 10
<p>No School Buckingham ¼ cup pretzels, ½ cup applesauce, 4 oz. water</p>	<p>½ Cup pears, ¼ Cup Goldfish crackers, 4 oz. water</p>	<p>½ cup peaches, ¼ cup graham crackers, 4 oz. water</p>	<p>¼ cup animal crackers, 4 oz. grape Juice</p>	<p>½ string cheese, 5 Ritz crackers 4 oz. water</p>
Monday - 13	Tuesday - 14	Wednesday – 15	Thursday – 16	Friday - 17
<p>½ cup peaches, ¼ cup Goldfish, 4 oz. water</p>	<p>½ string cheese, 5 Ritz Crackers, 4 oz. water</p>	<p>½ Day Nottoway ½ cup mandarin oranges, ¼ cup Cheez-Its, 4 oz. water</p>	<p>¼ cup graham crackers, 4 oz. apple juice</p>	<p>¼ cup pretzels, 4 oz. grape juice</p>
Monday - 20	Tuesday - 21	Wednesday – 22	Thursday – 23	Friday - 24
	<p>¼ cup graham crackers, 4 oz. apple juice</p>	<p>4 club crackers, ½ cup tropical fruit, 4 oz. water</p>	<p>½ cup pineapple, ¼ cup Goldfish, 4 oz. water</p>	<p>¼ cup animal crackers, 4 oz. grape juice</p>
Monday - 27	Tuesday - 28	Wednesday - 29	Thursday – 30	Friday - 31
<p>½ cup pineapple, ¼ cup Goldfish crackers, 4 oz. water</p>	<p>½ string cheese, 5 Ritz crackers, 4 oz. water</p>	<p>½ cup pears, ¼ cup Cheez-Its, 4oz water</p>	<p>¼ cup pretzels, ½ cup applesauce, 4 oz. water</p>	<p>4oz apple Juice, ¼ cup graham crackers</p>

Menus are subject to change without notice. The milk served is unflavored 1% milk. Bread, tortillas, waffle, French toast sticks, cereal, some crackers, and rolls are whole grain rich. Appropriate substitutions will be made for children with documented allergies. This institution is an equal opportunity provider that participates in the USDA Child Adult Care Food Program.