


Head Start February 2018

Menu Subject to Change.

Menus created by Evelyn Klironomos, RDN, LDN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Head Start staff must check with school manager and/or school staff for correct portion sizes for items. For example, how many chicken nuggets, cheese sticks, etc. are to be served to count as 1 serving, what size scoop or spoodle is to be used for serving spaghetti?				
*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.	Yellow highlighted menu items indicate that these menu items differ from menu items offered at the feeder school.	Note: Some schools may have a non-pork version of items that have the pork symbol listed. If this is the case, the manager will let the site know.	Milk: 1% White milk offered at breakfast and lunch daily. When juice is listed, the feeder school will choose 1 flavor to send to the site(s).	All our grain & bread products at breakfast & lunch are whole-grain rich.☺
			1 Breakfast: Croissant w/ Egg & Cheese, small Fresh Fruit Entrée: Pulled Pork Sandwich 🐷 (non-pork offer turkey sand.) Sides: ½ c Tossed Salad & ¼ c Pears	2 Breakfast: 2 French Toast Sticks ☑, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese ☑ Sides: ¼ c Broccoli & ¼ c Peaches
5 Breakfast: Mini Maple Pancakes or *Cereal ☑, ½ c Pears Entrée: Cheese Sticks w/ Marinara ☑ Sides: ¼ c Green Beans & ½ c Strawberry Cup	6 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Taco w/ Cheese & Salsa 🐷 (Non-pork offer 1 ½ oz chz taco) Sides: ¼ c Cheesy Beans & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	7 Early Release Day Breakfast: *Cereal ☑, ½ c Peaches Entrée: Mini Corndogs 🌽 Sides: ¼ c Broccoli & small Fresh Fruit	8 Breakfast: Bagel w/ Egg & Cheese ☑, Juice Entrée: Chicken & Waffles Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Pears	9 Breakfast: 2 French Toast Sticks ☑, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese ☑ Sides: ¼ c Corn & small Fresh Fruit
12 Breakfast: *Cereal ☑, ½ c Peaches Entrée: Chicken Nuggets w/ a 2 oz. Roll Sides: ¼ c Baked Beans & small Fresh Fruit	13 Breakfast: Yogurt w/ Granola ☑, ½ c Applesauce Entrée: Cheesy Filled Bread Stick w/ Marinara Sides: ¼ c Corn & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	14 Early Release Day Breakfast: Pancake Sausage Wrap, 🐷 (Non-pork offer cereal), ½ c Pears Entrée: Chicken Sandwich Sides: ¼ c Lettuce & Tomato & small Fresh Fruit	15 Breakfast: Croissant w/ Egg & Cheese, small Fresh Fruit Entrée: Baked Spaghetti Sides: ¼ c Caesar's Salad & ¼ c Pears	16 Breakfast: 2 French Toast Sticks ☑, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese ☑ Sides: ¼ c Cooked Carrots & Peaches
	20 Breakfast: Chicken Biscuit, small Fresh Fruit Entrée: Hamburger Sides: ¼ c Spiral Fries & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	21 Early Release Day Breakfast: *Cereal ☑, ½ c Pears Entrée: Cheese Calzonette w/ Marinara ☑ Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Applesauce (or ½ c Applesauce Cup)	22 Breakfast: Bagel Egg & Cheese 🐷, Juice Entrée: Hot Dog 🐷 or 🐮, (non-pork offer cheese sandwich) Sides: ¼ c Baked Beans & small Fresh Fruit	23 Breakfast: 2 French Toast Sticks ☑, small Fresh Fruit Entrée: Pizza, Pepperoni or Cheese ☑ Sides: ¼ c Broccoli w/ Cheese & small Fresh Fruit
26 Breakfast: *Cereal ☑, ½ c Peaches Entrée: Asian Orange Chicken w/ ½ c Sweet & Spicy Rice Sides: ¼ c Corn & ½ c Strawberry Cup	27 Breakfast: Yogurt w/ Granola ☑, ½ c Applesauce Entrée: Meat & Cheese Nachos w/ Salsa 🐷 (Non-pork offer 1 ½ oz shredded chz instead of nacho meat or cheese sand.) Sides: ¼ c Cheesy Beans & small Fresh Fruit	28 Early Release Day Breakfast: Pancake Sausage Wrap, 🐷 ½ c Pears Entrée: Chicken Fryz w/ 2 oz. Roll Sides: ¼ c Sweet Potato Waffle Fries & small Fresh Fruit		

This institution is an equal opportunity provider.



This symbol indicates that the product is made with Pork.



This symbol indicates that the product is made with Beef.



This symbol indicates that the product is made with Turkey.



This symbol indicates that the item is vegetarian or lacto-vegetarian.

