

Head Start / Early Head Start February 2021

Menu Subject to Change.

Menus created by Karen Mazza, RDN, LDN, SNS

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.	*Fresh Fruit – No fruit with pits, no grapes, no whole apples	All our grain & bread products at breakfast & lunch are whole-grain rich.☺	Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole milk will be served for children aged 1-2.	Juice: All juice/juice blends are 100% juice
1 Breakfast: Ham & Cheese Stuffer, Orange Wedges, Milk Lunch: Chicken Tenders w/Breadstick, Cheesy Refried Beans, Cupped Peaches, Milk	2 Breakfast: Waffles/Pancakes, Applesauce, Milk Lunch: Roasted Chicken w/Cornbread, Crinkle Cut Potatoes, Mandarin Oranges, Milk	3 Breakfast: Chicken Griddle, Banana, Milk Lunch: Pepperoni Cheese Bread w/Marinara Cup Broccoli w/Cheese, Chilled Mixed Fruit, Milk	4 Breakfast: Cereal, Juice, Milk Lunch: Asian Chicken Bowl w/Yakisoba Noodles, Whole Kernel Corn, Chilled Pears, Milk	5 Breakfast: French Toast Sticks, Cupped Peaches, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Green Beans w/Bacon, Fresh Fruit, Milk
8 Breakfast: Chicken Biscuit, Chilled Pears, Milk Lunch: Cheeseburger, Sweet Potato Fries, Juice, Milk	9 Breakfast: Sausage Croissant, Cupped Pineapple, Milk Lunch: Mac & Cheese w/Breadstick, Green Beans w/Bacon, Mandarin Oranges, Milk	10 Breakfast: Cereal, Mandarin Oranges, Milk Lunch: Lunch Cheese or Pepperoni Pizza, Broccoli w/Cheese, Applesauce, Milk	11 Breakfast: Chocolate Crescent, Juice, Milk Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk	12 Breakfast: French Toast Sticks, Cupped Peaches, Milk Lunch: Baked Spaghetti w/Breadstick, Fresh Broccoli Florets, Chilled Mixed Fruit, Milk
15 <p style="text-align: center;">HOLIDAY No School</p>	16 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk Lunch: Grilled Cheese Sandwich, Whole Kernel Corn, Chilled Mixed Fruit, Milk	17 Breakfast: Chicken Croissant, Banana, Milk Lunch: Cheese or Pepperoni Pizza, Broccoli w/Cheese, Cupped Peaches, Milk	18 Breakfast: Café Griddle, Cupped Peaches, Milk Lunch: Boneless Wings w/Breadstick, Sweet Potato Fries, Mandarin Oranges, Milk	19 Breakfast: French Toast Sticks, Juice, Milk Lunch: Mini All Beef Hot Dogs, Southern Baked Beans, Fresh Fruit, Milk
22 Breakfast: Ham & Cheese Stuffer, Orange Wedges, Milk Lunch: Chicken Tenders w/Breadstick, Cheesy Refried Beans, Cupped Peaches, Milk	23 Breakfast: Waffles/Pancakes, Applesauce, Milk Lunch: Roasted Chicken w/Cornbread, Crinkle Cut Potatoes, Mandarin Oranges, Milk	24 Breakfast: Chicken Griddle, Banana, Milk Lunch: Pepperoni Cheese Bread w/Marinara Cup Broccoli w/Cheese, Chilled Mixed Fruit, Milk	25 Breakfast: Cereal, Juice, Milk Lunch: Asian Chicken Bowl w/Yakisoba Noodles, Whole Kernel Corn, Chilled Pears, Milk	26 Breakfast: French Toast Sticks, Cupped Peaches, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Green Beans w/Bacon, Fresh Fruit, Milk

This institution is an equal opportunity provider.