

Head Start / Early Head Start Volusia Menu February 2022

Menu Subject to Change.

Menus created by Karen Mazza, RDN, LDN, SNS @ Volusia County Schools

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 white milk will be served for children aged 1-2.	Juice: All juice/juice blends are 100% juice
January 31 Breakfast: Waffles or Pancakes, Cupped Peaches, Milk Lunch: Cheese Pizza, Corn, Cupped Pears, Milk	February 1 Breakfast: Café Griddle, Cupped Pears, Milk Lunch: Cheeseburger, Southern Baked Beans, Mixed Fruit, Milk	2 Breakfast: Cereal, Apple Juice, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Cupped Peaches, Milk	3 Breakfast: Sausage Biscuit, Mixed Fruit Cup, Milk Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce	4 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Mixed Vegetables, Cupped Pears
7 Breakfast: Cereal, Cupped Pears, Milk Lunch: Cheese Pizza, Corn, Cupped Peaches, Milk	8 Breakfast: Chicken Croissant, Applesauce, Milk Lunch: Mac & Cheese w/Roll, Green Beans w/Bacon, Mandarin Oranges, Milk	9 Breakfast: Pancake Sausage Wrap, Mandarin Oranges, Milk Lunch: Pepperoni Cheese Bread, Broccoli w/Cheese, Chilled Mixed Fruit, Milk	10 Breakfast: Chicken Griddle, Cupped Peaches, Milk Lunch: Asian Chicken Bowl w/Rice, Corn, Cupped Pears, Milk	11 Breakfast: French Toast Sticks, Apple Juice, Milk Lunch: Popcorn Chicken w/Roll, Southern Baked Beans, Applesauce, Milk
14 Breakfast: Sausage Croissant, Apple Juice, Milk Lunch: Mozzarella Cheese Sticks w/Marinara, Cucumber Coins, Cupped Peaches, Milk	15 Breakfast: Cereal, Cupped Peaches, Milk Lunch: Chicken Sandwich, Green Beans w/Bacon, Applesauce, Milk	16 Breakfast: Chicken Biscuit, Mandarin Oranges, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Juice, Milk	17 Breakfast: Waffles, Mixed Fruit Cup, Milk Lunch: Meat & Queso Nachos, Cheesy Refried Beans, Cupped Pears, Milk	18 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Turkey Cheese Sandwich, Sweet Potato Fries, Mixed Fruit, Milk
21 Breakfast: Waffles or Pancakes, Cupped Peaches, Milk Lunch: Cheese Pizza, Corn, Cupped Pears, Milk	22 Breakfast: Café Griddle, Cupped Pears, Milk Lunch: Cheeseburger, Southern Baked Beans, Mixed Fruit, Milk	23 Breakfast: Cereal, Apple Juice, Milk Lunch: Cheese Pizza, Broccoli w/Cheese, Cupped Peaches, Milk	24 Breakfast: Sausage Biscuit, Mixed Fruit Cup, Milk Lunch: Chicken Tenders w/Biscuit, Sweet Potato Fries, Applesauce	25 Breakfast: French Toast Sticks, *Fresh Fruit, Milk Lunch: Cheese Filled Breadsticks w/Marinara, Mixed Vegetables, Cupped Pears

This institution is an equal opportunity provider