


Early Head Start February 2018 1-2 yr. Old

Menu Subject to Change. Menus created by Evelyn Klironomos, RDN, LD/N

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?				
All our grain & bread products at breakfast & lunch are whole-grain rich.☺	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. <i>When juice is listed, the feeder school will choose 1 flavor to send to the site(s).</i>	*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.
			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: Cheese Pizza Sides: ¼ c Broccoli & ¼ c Peaches
5 Breakfast: 1 pkg Mini Maple Pancakes or *Cereal, ¼ c Pears Entrée: 3 Cheese Sticks w/ Marinara Sides: ¼ c Green Beans & ½ c Strawberry Cup	6 Breakfast: 1 Chicken Biscuit, small Fresh Fruit Entrée: 1 Turkey and Cheese or Ham & Cheese Sandwich Sides: ¼ c Cheesy Beans & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	7 Early Release Day Breakfast: *Cereal, ¼ c Peaches Entrée: 3 Mini Corndogs Sides: ¼ c Broccoli & small Fresh Fruit	8 Breakfast: Bagel w/ Egg & Cheese, Juice Entrée: 5 Chicken & Waffle Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Pears	9 Breakfast: 2 French Toast Sticks, small Fresh Fruit Entrée: Cheese Pizza Sides: ¼ c Corn & small Fresh Fruit
12 Breakfast: *Cereal, ¼ c Peaches Entrée: 3 Chicken Nuggets w/ a 2 oz. Roll Sides: ¼ c Baked Beans & small Fresh Fruit	13 Breakfast: 1 Yogurt w/ Granola, ¼ c Applesauce (or ½ c Applesauce Cup) Entrée: 1 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: *Cereal Entrée: 1 Chicken Sandwich Sides: ¼ c Lettuce & Tomato & small Fresh Fruit	15 Breakfast: Croissant w/ Egg & Cheese, small Fresh Fruit Entrée: ½ c Baked Spaghetti Sides: ¼ c Caesar's Salad & ¼ c Pears	16 Breakfast: 2 French Toast Sticks, small Fresh Fruit Entrée: Cheese Pizza Sides: ¼ c Cooked Carrots & ¼ c Peaches
	20 Breakfast: 1 Chicken Biscuit, small Fresh Fruit Entrée: 1 Hamburger Sides: ¼ c Spiral Fries & ¼ c Mixed Fruit (or ½ c Mixed Fruit Cup)	21 Early Release Day Breakfast: *Cereal, ¼ c Pears Entrée: 2 Cheese Calzonettes Pears w/ Marinara Sides: ¼ c Sweet Potato Waffle Fries & ¼ c Applesauce (or ½ c Applesauce Cup)	22 Breakfast: Bagel w/ Egg & Cheese, Juice Entrée: 1 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: Cheese Pizza Sides: ¼ c Broccoli w/ Cheese & ¼ c Peaches
26 Breakfast: *Cereal, ¼ c Peaches Entrée: Asian Chicken w/ ½ c Steamed Rice Sides: ¼ c Corn & ½ c Strawberry Cup	27 Breakfast: 1 Yogurt w/ Granola, ¼ c Applesauce Entrée: 1 Turkey and Cheese or Ham & Cheese Sandwich Sides: ¼ c Cheesy Beans & small Fresh Fruit	28 Early Release Day Breakfast: *Cereal, ½ c Pears Entrée: 4 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.

