

Head Start / Early Head Start February 2020

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?				
<p>*Cereal choices: Cheerios or Cinnamon Toast Crunch reduced sugar.</p>	<p>*Fresh Fruit – No fruit with pits, no grapes, no whole apples</p>	<p>All our grain & bread products at breakfast & lunch are whole-grain rich. 😊</p>	<p>Milk: 1% White milk offered at breakfast and lunch daily for children over 2. Whole milk will be served for children aged 1-2.</p>	<p>Juice: All juice/juice blends are 100% juice</p>
<p>3</p> <p>Breakfast: Cereal, Frozen Strawberry Cup, Milk</p> <p>Entrée: Mini Hot Dogs, Sweet Baked Beans, Chilled Peaches, Milk</p>	<p>4</p> <p>Breakfast: Sausage Biscuit, Fresh Fruit, Milk</p> <p>Entrée: Roasted Chicken, Cornbread, Glazed Carrots, Juice, Milk</p>	<p>5</p> <p>Breakfast: Chicken Griddle, Juice, Milk</p> <p>Entrée: French Bread Pizza w/ Marinara Sauce, Potato Wedges, Chilled Mixed Fruit, Milk</p>	<p>6</p> <p>Breakfast: Sausage Morning Roll, Chilled Mixed Fruit, Milk</p> <p>Entrée: Asian Chicken Bowl w/Yakisoba Noodles, Broccoli w/Cheese, Chilled Pears, Milk</p>	<p>7</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Baked Spaghetti, Seasoned Green Beans, Fresh Fruit, Milk</p>
<p>13</p> <p>Breakfast: Cereal, Frozen Strawberry Cup, Milk</p> <p>Entrée: Mini Hot Dogs, Sweet Baked Beans, Chilled Peaches, Milk</p>	<p>11</p> <p>Breakfast: Chicken Biscuit, Chilled Pineapple, Milk</p> <p>Entrée: Pork Street Tacos, Whole Kernel Corn, Frozen Strawberry Cup, Milk</p>	<p>12</p> <p>Breakfast: Cereal, Mandarin Oranges, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Green Beans w/ Bacon, Fresh Fruit, Milk</p>	<p>13</p> <p>Breakfast: Waffles, Juice, Milk</p> <p>Entrée: Beef & Queso Nachos, Broccoli w/Cheese, Chilled Pears Milk</p>	<p>14</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Mozzarella Cheese Sticks, Marinara Sauce, Glazed Carrots, Chilled Pineapple, Milk</p>
<p>17</p> <p style="text-align: center;">Holiday NO SCHOOL</p>	<p>18</p> <p>Breakfast: Cereal, Chilled Peaches, Milk</p> <p>Entrée: Ham & Cheese Wrap, Potato Wedges, Frozen Strawberry Cup, Milk</p>	<p>19</p> <p>Breakfast: Chicken Croissant, Mandarin Orange, Milk</p> <p>Entrée: Cheese or Pepperoni Pizza, Broccoli w/ Cheese, Chilled Pineapples, Milk</p>	<p>20</p> <p>Breakfast: Eggstravaganza, Toast, Chilled Mixed Fruit, Milk</p> <p>Entrée: Chicken Nachos, Seasoned Black Beans, Applesauce, Milk</p>	<p>21</p> <p>Breakfast: French Toast Bites, Juice, Milk</p> <p>Entrée: Turkey & Cheese Croissant, Glazed Carrots, Fresh Fruit, Milk</p>
<p>24</p> <p>Breakfast: Cereal, Frozen Strawberry Cup, Milk</p> <p>Entrée: Mini Hot Dogs, Sweet Baked Beans, Chilled Peaches, Milk</p>	<p>25</p> <p>Breakfast: Sausage Biscuit, Fresh Fruit, Milk</p> <p>Entrée: Roasted Chicken, Cornbread, Glazed Carrots, Juice, Milk</p>	<p>26</p> <p>Breakfast: Chicken Griddle, Juice, Milk</p> <p>Entrée: French Bread Pizza w/ Marinara Sauce, Potato Wedges, Chilled Mixed Fruit, Milk</p>	<p>27</p> <p>Breakfast: Sausage Morning Roll, Chilled Mixed Fruit, Milk</p> <p>Entrée: Asian Chicken Bowl w/Yakisoba Noodles, Broccoli w/Cheese, Chilled Pears, Milk</p>	<p>28</p> <p>Breakfast: French Toast Sticks, Chilled Peaches, Milk</p> <p>Entrée: Baked Spaghetti, Seasoned Green Beans, Fresh Fruit, Milk</p>

This institution is an equal opportunity provider.