

# \*Head Start & Early Head Start February 2020\*

Kelly Urbanik RD, CSP, CNSC, LD/N

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Milk:</b> 1% White milk offered at breakfast, lunch, and snack to all children over age 2. Whole milk offered to all children under age 1. <b>Juice:</b> 100% juice offered for all servings.</p> <p><b>Condiments:</b> offered as needed. <span style="float: right;">This institution is an equal opportunity provider. Menu Subject to Change.</span></p>				
<p><b>3</b></p> <p><b>Breakfast:</b> Whole Grain Waffle Sticks, Pineapples, Milk</p> <p><b>Entrée:</b> Baked Sliced Ham, Green Beans, Pears, Whole Wheat Roll, Milk</p> <p><b>Snack:</b> Turkey, Sliced Cheese</p>	<p><b>4</b></p> <p><b>Breakfast:</b> Special K, Applesauce, Milk</p> <p><b>Entrée:</b> Lasagna, Vegetable Medley, Fruit Salad, Italian Bread, Milk</p> <p><b>Snack:</b> ½ Cheese Sandwich on Whole Wheat Bread</p>	<p><b>5</b></p> <p><b>Breakfast:</b> Sausage Egg &amp; Cheese Biscuit, Orange Slices, Milk</p> <p><b>Entrée:</b> Pot Roast, Mashed Potatoes, Gravy, Peas, Carrots, Peaches, , Milk</p> <p><b>Snack:</b> Whole Wheat Bread, Peanut Butter/Jelly</p>	<p><b>6</b></p> <p><b>Breakfast:</b> Banana Muffin, Cranberry Juice 100%, Milk</p> <p><b>Entrée:</b> Breaded Fish, Broccoli, Apple Slices ,Whole Wheat Roll , Milk</p> <p><b>Snack:</b> Pears, Cottage Cheese</p>	<p><b>7</b></p> <p><b>Breakfast:</b> WG French Toast Sticks, Banana, Milk</p> <p><b>Entrée:</b> Meatloaf, Gravy, Mashed Potatoes, Mixed Vegetables, Pineapples, Milk</p> <p><b>Snack:</b> Whole Wheat Crackers, Tropical Fruit</p>
<p><b>10</b></p> <p><b>Breakfast:</b> Whole Grain Waffle Sticks, Cinnamon Apples, Milk</p> <p><b>Entrée:</b> Ham, Macaroni and Cheese, Broccoli, Mixed Fruit, Milk</p> <p><b>Snack:</b> Cottage Cheese, Pineapple</p>	<p><b>11</b></p> <p><b>Breakfast:</b> <b>WG</b> Cheerios, Mandarin Oranges, Milk</p> <p><b>Entrée:</b> Chicken Nuggets, Mashed Potatoes, Peaches, Milk</p> <p><b>Snack:</b> Corn Muffin, Milk</p>	<p><b>12</b></p> <p><b>Breakfast:</b> Sausage Egg &amp; Cheese Biscuit, Pineapples, Milk</p> <p><b>Entrée:</b> Chicken Fajitas, Black Beans, Yellow Rice, Plantains, Whole Wheat Tortilla, Milk</p> <p><b>Snack:</b> ½ Tukey Sandwich on Whole Wheat Bread</p>	<p><b>13</b></p> <p><b>Breakfast:</b> Corn Flakes, Apple Juice 100%, Milk</p> <p><b>Entrée:</b> Cheese Burger, Sweet Potato Fries, Applesauce ,Bun, Milk</p> <p><b>Snack:</b> Fresh Apple Slices, Yogurt Cup, Wheat Crackers</p>	<p><b>14</b></p> <p><b>Breakfast:</b> WG French Toast Sticks, Seasonal Fresh Fruit, Milk</p> <p><b>Entrée:</b> Beef Tot-Cho Bowl, Mixed Vegetables, Pears, Milk</p> <p><b>Snack:</b> Whole Grain Muffin, Applesauce</p>
<p><b>17</b></p> <p style="text-align: center; color: purple;"><b>No School</b></p>	<p><b>18</b></p> <p><b>Breakfast:</b> Whole Grain English Muffin, Applesauce, Milk</p> <p><b>Entrée:</b> Barbecue Chicken, Rice, Peas and Carrots, Pears, Milk</p> <p><b>Snack:</b> Soft Whole Wheat Tortilla, Cheese</p>	<p><b>19</b></p> <p><b>Breakfast:</b> Sausage Egg &amp; Cheese Biscuit, Apple Juice 100%, Milk</p> <p><b>Entrée:</b> Cheese Burger, Sweet Potato Fries, Applesauce, Bun, Milk</p> <p><b>Snack:</b> Wheat Grain Fish Crackers, Yogurt Cup</p>	<p><b>20</b></p> <p><b>Breakfast:</b> Blueberry Muffin, Banana, Milk</p> <p><b>Entrée:</b> Spaghetti w/Meat Sauce, Italian Green Beans, Sliced Peaches, Italian Bread, Milk</p> <p><b>Snack:</b> Whole Wheat Crackers, Cheese</p>	<p><b>21</b></p> <p><b>Breakfast:</b> WG French Toast Sticks, , Seasonal Fresh Fruit, Milk</p> <p><b>Entrée:</b> Popcorn Chicken &amp;WG Waffles, Vegetable Medley, Tropical Mixed Fruit, Milk</p> <p><b>Snack:</b> ½ Ham Sandwich on Whole Wheat Bread</p>
<p><b>24</b></p> <p><b>Breakfast:</b> Whole Grain Waffle Sticks, Peaches, Milk</p> <p><b>Entrée:</b> Roast Pork, Steamed Carrots, Mixed Fruit, Biscuit, Milk</p> <p><b>Snack:</b> Whole Grain Fish Crackers, Applesauce</p>	<p><b>25</b></p> <p><b>Breakfast:</b> Blueberry Muffin, Pears, Milk</p> <p><b>Entrée:</b> Turkey Sandwich, Whole Wheat Bread, Oven Fries, Pears, Milk</p> <p><b>Snack:</b> Whole Grain Crackers, Orange Juice100%</p>	<p><b>26</b></p> <p style="text-align: center; color: purple;"><b>No School</b></p>	<p><b>27</b></p> <p><b>Breakfast:</b> Whole Grain Bagel, Apple Slices, Milk</p> <p><b>Entrée:</b> Rib B Q, Vegetable Medley, Peaches, , Milk</p> <p><b>Snack:</b> Sun Chips, Milk</p>	<p><b>28</b></p> <p><b>Breakfast:</b> WG French Toast Sticks, Mandarin Oranges, Milk</p> <p><b>Entrée:</b> Hamburger, Baked Beans, Fruit Salad, Bun, Milk</p> <p><b>Snack:</b> Sliced Turkey, Fruit Cocktail</p>