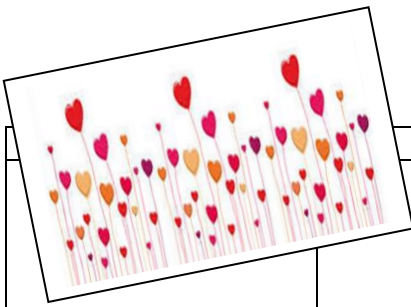


February 2023 Early Head Start Center

Breakfast, Lunch & Snack Menu



	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast: WG Waffle, Pears, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Green Beans WG Bread, Milk Snack: WG Muffin, Milk	2 Breakfast: Oatmeal, Banana, Milk Lunch: Cheeseburger, WG Bun, Cucumbers, Peaches, Milk Snack: WG Goldfish, Applesauce	3 Breakfast: Corn Flakes, Pears, Milk Lunch: Ham and Cheese, WG Crackers, Fruit Cocktail, Milk Snack: WG Graham Crackers, Milk
6 Breakfast: Rice Krispies, Peaches, Milk Lunch: Ham, WG Bun, Peas, Fruit Cocktail, Milk Snack: WG Chex Mix, Mandarin Oranges	7 Breakfast: Yogurt, Pineapple, WG Graham Crackers, Milk Lunch: Chicken Patty, WG Bun, Carrots, Pears, Milk Snack: WG Cereal, Milk	8 Breakfast: Turkey Sausage, WG Pancake Bites, Applesauce, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Peaches, Milk Snack: WG Goldfish, Cheese Stick	9 Breakfast: Corn Chex, Mandarin Oranges, Milk Lunch: Beef and Bean Chili, WG Crackers, Corn, Fruit Cocktail, Milk Snack: WG Muffin, Applesauce	10 Breakfast: WG Cheerios, Peaches, Milk Lunch: Eggs, Sausage Patty, Hash Browns, Applesauce, Milk Snack: WG Crackers, Pears
13 Breakfast: Corn Flakes, Mandarin Oranges, Milk Lunch: Sun Butter & Jelly, WG Bread, Carrots, Peaches, Milk Snack: WG Cheez its, Cheese Stick	14 Breakfast: WG Muffin, Pears, Milk Lunch: Meatballs/Gravy, Mashed Potatoes, Corn, WB Bread/butter, Milk Snack: Yogurt, Pineapple	15 Breakfast: Oatmeal, Peaches, Milk Lunch: WG Noodles & Cheese, Ham Slice, Green Beans, Fruit Cocktail, Milk Snack: WG Chex Mix, Pears	16 Breakfast: WG Pancakes, Applesauce, Milk Lunch: Popcorn Chicken, Tater Tots, Pears, SG Bread/Butter, Milk Snack: WG Crackers, Pears	17 Breakfast: WG Cheerios Pears, Milk Lunch: Hamburger, WG Bun, Corn, Peaches, Milk Snack: WG Muffin, Milk
20 Breakfast: Rice Krispies, Applesauce, Milk Lunch: Turkey, WG Bun, Green Beans, Pears, Milk Snack: WG Goldfish, Mixed Fruit	21 Breakfast: : Yogurt, Peaches, Milk Lunch: Cheeseburger, WG Bun, Carrots, Fruit Cocktail, Milk Snack: Cereal, Milk	22 Breakfast: Oatmeal, Pears, Milk Lunch: Fish Nuggets, Mashed Potatoes, Peas, WG Bread/butter, Milk Snack: WG Cheez-its, Cheese Stick	23 Breakfast: WG Waffle, Applesauce, Milk Lunch: Sweet & Sour Chicken, Brown Rice, Broccoli, Peaches, Milk Snack: Yogurt, Pineapples	24
27 Breakfast: WG Cheerios, Peaches, Milk Lunch: Ham, WG Bun, Peas, Pears, Milk Snack: WG Chex Mix, Applesauce	28 Breakfast: WG Muffin, Pineapple, Milk Lunch: Chicken Patty, WG Bun, Cucumbers, Fruit Cocktail, Milk Snack: Graham Crackers, Milk	Lunch is served with Skim Milk or Whole Milk and Water. All bread/grain is whole grain. All meals are subject to change. "Head Start/Early Head Start is an equal opportunity provider."		

