

# February Breakfast Menu

Sun

Mon

Tue

Wed

Thu

Fri

Sat

			1 Yogurt Parfaits Toast Cereal String Cheese	2 French Toast Toast Cereal String Cheese Fresh Fruit	3 NO SCHOOL PARENT/TEACHER CONFERENCE COMP DAY	4
5 Biscuits & Gravy Toast Cereal String Cheese	6 Omelets Toast Cereal String Cheese Fresh Fruit	7 Muffins Toast Cereal String Cheese	8 Pumpkin Loaf Cake Toast Cereal String Cheese Fresh Fruit	9	10 NO SCHOOL PROFESSIONAL DEVELOPMENT	11
12 Eggs Sausage Toast Cereal String Cheese	13 Cinnamon Rolls Toast Cereal String Cheese Fresh Fruit	14 Waffles Toast Cereal String Cheese	15 Breakfast Burritos Toast Cereal String Cheese Fresh Fruit	16 Monkey Bread Toast Cereal String Cheese	17	18
19 Breakfast Sandwiches Toast Cereal String Cheese	20 Oatmeal Toast Cereal String Cheese Fresh Fruit	21 Pop Tarts Toast Cereal String Cheese	22 Pancakes Toast Cereal String Cheese Fresh Fruit	23 Breakfast Bowls w/Gravy Toast Cereal String Cheese	24	25
26 Eggs Bacon Toast Cereal String Cheese	27 Doughnuts Toast Cereal String Cheese Fresh Fruit	28	All meals are served with whole grain bread, peanut butter and jelly. 1% skim or chocolate milk. Fruit is offered daily with breakfast. Fresh Fruit is available on Tuesday and Thursday. Breakfast is served with juice or milk.			

This institution is an equal opportunity provider.

All Menus are subject to change without notice.

# February Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>5</b> Chicken Burgers W.G. Bun California Blend Mixed Fruit	<b>6</b> Meatballs w/Gravy Mashed Potatoes W.G. Dinner Rolls Peas Pears Fresh Fruit	<b>1</b> Pot Roast Sandwich Sourdough Bread Carrots Peaches	<b>2</b> Chicken Nuggets Mashed Potatoes w/Gravy Broccoli Applesauce Fresh Fruit	<b>3</b> NO SCHOOL PARENT/TEACHER CONFERENCE COMP DAY	<b>4</b>
	<b>12</b> White Chili Cornbread Salad Bar Mixed Fruit	<b>13</b> Goulash W.G. Dinner Rolls Green Beans Pears Fresh Fruit	<b>8</b> Pizza Salad Bar Peaches	<b>9</b> Smoked Sausage Croissants Baked Beans Applesauce Fresh Fruit	<b>10</b> NO SCHOOL PROFESSIONAL DEVELOPMENT	<b>11</b>
	<b>19</b> Oven Fried Chicken W.G. Dinner Rolls Baked Beans Carrots Peaches	<b>14</b> Orange Chicken w/Rice Broccoli Applesauce Fresh Fruit	<b>15</b> Chicken Nuggets Mac & Cheese Corn Peaches	<b>16</b> Ham Scalloped Potatoes W.G. Dinner Rolls Broccoli Applesauce Fresh Fruit	<b>17</b> Carne Asada w/ Corn Tortillas Black Bean Salad Mixed Fruit Fresh Fruit	<b>18</b>
	<b>26</b> Beef Stroganoff w/Meatballs W.G. Dinner Rolls Green Beans Mixed Fruit	<b>20</b> Chicken Quesadilla W.G. Spanish Rice Pinto Beans Applesauce Fresh Fruit	<b>22</b> Grilled Cheese Tomato Soup Salad Bar Mixed Fruit	<b>23</b> Pizza Salad Bar Peaches Fresh Fruit	<b>24</b> Tuna Salad on Croissant Bun Corn Chips Corn Pears	<b>25</b>

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# Hettinger County Head Start

## FEBRUARY Snacks

Monday	Tuesday	Wednesday	Thursday
		1 Carrots / Ranch Saltine Crackers	2 Banana muffins milk
6 Pretzels Cheese Cubes	7 Pears Graham Crackers	8 Peanut butter Jelly Sandwich	9 Chips Salsa
13 Apple sauce Graham Crackers	14 Cottage Cheese Peaches	15 No School Home Visits	16
20 No Head Start	21 Vanilla Yogurt Strawberries	22 Cheese Stick Goldfish Crackers	23 Banana Peanut butter
27 Oranges Milk	28 Broccoli / Ranch Saltine Crackers		