

February Early Head Start Center

Breakfast, Lunch & Snack Menu

			<p>1 Breakfast: Turkey Sausage Patty, Applesauce, Milk Lunch: Popcorn Chicken, Mashed Potatoes, Green Beans, Milk Snack: Crackers, Pineapple</p>	<p>2 Breakfast: Cheerio Banana, Milk Lunch: Meatballs/Gravy, Bread, Corn, Mixed Fruit, Milk Snack: Teddy Grahams, Milk</p>
<p>5 Breakfast: Corn Flakes, Peaches, Milk Lunch: Sunbutter & Jelly, Bread, Carrots, Apple Slices, Milk Snack: Graham Crackers, Fruit</p>	<p>6 Breakfast: WG Muffin, Fruit Cocktail, Milk Lunch: Chicken Patty, Bun, Corn, Pears, Milk Snack: Carrots/Ranch, Crackers</p>	<p>7 Breakfast: Oatmeal, Banana, Milk Lunch: Beef and WG Noodles, Green Beans, Peaches, Milk Snack: Yogurt, Fruit</p>	<p>8 Breakfast: Pancake, Mandarin Oranges, Milk Lunch: Chicken Pot Pie, Biscuit, Peas/Carrots, Fruit Cocktail, Milk Snack: Cereal, Milk</p>	<p>9 Breakfast: Toast, Applesauce, Milk Lunch: WG Pasta, Meatsauce, Mixed Vegies, Fruit, Milk Snack: Banana, Graham Crackers</p>
<p>12 Breakfast: Cheerios, Pears, Milk Lunch: Turkey, Bread, Peas, Applesauce, Milk Snack: Goldfish Crackers, Cheese Stick</p>	<p>13 Breakfast: Yogurt, Berries, Milk Lunch: WG Pizza, Green Beans, Peaches, Milk Snack: Crackers, Fruit</p>	<p>14 Breakfast: Kix, Mandarin Oranges, Milk Lunch: Hamburger Vegetable Soup, Crackers, Milk Snack: Summer Sausage, Crackers</p>	<p>15 Breakfast: Waffles, Applesauce, Milk Lunch: Popcorn Chicken, Tater Tots, Bread, Fruit Cocktail, Milk Snack: Graham Crackers, Milk</p>	<p>16 Breakfast: WG Mut Mixed Fruit, Milk Lunch: Cheeseburge Bun, Corn, Peaches, Milk Snack: Yogurt, Fru</p>
<p>19 Breakfast: Rice Crispies, Fruit, Milk Lunch: Ham/Turkey, Crackers, Peas, Pears, Milk Snack: Animal Crackers, Cheese</p>	<p>20 Breakfast: Yogurt, Peaches, Milk Lunch: Fish Nuggets, Mashed Potatoes, Bread, Applesauce, Milk Snack: Pretzels, Sumbutter</p>	<p>21 Breakfast: Cheerios, Bananas, Milk Lunch: Hamburger Hotdish, WG Noodles, Corn, Fruit Cocktail, Milk Snack: Crackers, Fruit</p>	<p>22 EHS Closed</p>	<p>23 EHS Closec</p>
<p>26 Breakfast: Rice Krispies, Mandarin Oranges, Milk Lunch: Ham, Bread Carrots, Peas, Milk Snack: Tortilla Chips, Bean Dip</p>	<p>27 Breakfast: WG Muffin, Pineapple, Milk Lunch: Cheeseburger, Bim. Cucumbers, Peaches, Milk Snack: Cheez-its, Apples</p>	<p>28 Breakfast: Oatmeal, Peas, Milk Lunch: Popcorn Chicken, Bread, Corn, Fruit Cocktail, Milk Snack: Yogurt, Fruit</p>	<p>29 Breakfast: WG Waffle, Peaches, Milk Lunch: WG Pasta, Meatballs/Sauce, Green Beans, Applesauce, Milk Snack: Chex Mix, Fruit</p>	

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."