

# February Breakfast Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Omelets Cereal/Toast Yogurt String Cheese Juice/Fruit	Pumpkin Loaf Cereal/Toast Yogurt String Cheese Juice/Fruit	Waffles Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Bars Cereal/Toast Yogurt String Cheese Juice/Fruit		
9	10	11	12	13	14	15
	Breakfast Sandwich Cereal/Toast Yogurt String Cheese Juice/Fruit	Pop Tarts Cereal/Toast Yogurt String Cheese Juice/Fruit	Parfaits Cereal/Toast Yogurt String Cheese Juice/Fruit	Biscuits & Gravy Cereal/Toast Yogurt String Cheese Juice/Fruit		
16	17	18	19	20	21	22
	Muffins Cereal/Toast Yogurt String Cheese Juice/Fruit	Pancake Wraps Cereal/Toast Yogurt String Cheese Juice/Fruit	Breakfast Pizza Cereal/Toast Yogurt String Cheese Juice/Fruit	Doughnuts Cereal/Toast Yogurt String Cheese Juice/Fruit		
23	24	25	26	27	28	
	Churros Cereal/Toast Yogurt String Cheese Juice/Fruit	Pancakes Cereal/Toast Yogurt String Cheese Juice/Fruit	Eggstravaganza Cereal/Toast Yogurt String Cheese Juice/Fruit	Blueberry Bread Cereal/Toast Yogurt String Cheese Juice/Fruit		

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.

All menus are subject to change without notice.

This institution is an equal opportunity provider.

# February Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	Chicken Fajitas Rice Fajita Vegetables Fruit	Sausage Baby Potatoes W.G Dinner Rolls Corn Fresh Fruit	Orange Chicken Fried Rice Peas Fruit	Pizza Sticks Green Beans Fresh Fruit		
9	10	11	12	13	14	15
	Chicken Burgers Carrots Fruit	Pulled Pork on Bun Chips Broccoli Fresh Fruit	Meatballs w/Gravy Mashed Potatoes W.G. Dinner Rolls Corn Fruit	Quesadillas Salad Bar Fresh Fruit		
16	17	18	19	20	21	22
	Sweet & Sour Chicken Fried Rice Peas Fruit	BBQ Ribs Sandwich Smiley Fries Green Beans Fresh Fruit	Sloppy Joe's California Blend Fruit	Chicken Wraps Corn Fresh Fruit		
23	24	25	26	27	28	
	Hamburgers Baked Beans Peas Fruit	Corndogs Chips Carrots Fresh Fruit	Chicken Nuggets Mac & Cheese Green Beans Fruit	Roast Beef w/Gravy Baby Potatoes Broccoli Fresh Fruit		

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# Head Start February

## Snacks

Monday	Tuesday	Wednesday	Thursday
Crispy Bites Milk	Pretzels Cheese Sticks	Bananas Peanut Butter	Carrots w/ Ranch Oyster Crackers
Apples Goldfish Crackers	Blueberry Muffins Milk	Chips & Salsa Peppers w/ Ranch	Graham Crackers Pears
Oranges Milk	Broccoli w/ Ranch Crackers	Yogurt & Strawberries	Peanut Butter & Jelly Milk
Cereal Milk	Meat & Cheese Tray Crackers	Peaches Cottage Cheese	Teddy Grahams Milk