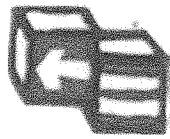


# Sullivan County Head Start/Early Head Start February 2018 Menu



	Breakfast	Lunch	Snack
Thursday - 1	Farina, Peaches, 1% Milk	Swedish Meatballs, Egg Noodles, Peas, Pears, 1% Milk	Gold Fish, 1% Milk
Friday - 2	French Toast, Applesauce, 1% Milk	Ravioli w/ extra cheese, Cauliflower, Mixed Fruit, Garlic Bread, 1% Milk	Wheat Thins, Juicy Juice
Monday - 5	Scrambled Eggs, Whole Wheat Bread, Mandarin Oranges, 1% Milk	Vegetarian Chili, Brown Rice, Broccoli, Mixed Fruit, 1% Milk	Low Fat Vanilla Yogurt, Peaches, Water
Tuesday 6	Blueberry Muffins, *Bananas, 1% Milk	Pizza, Tossed Salad, Pears, 1% Milk	Cucumber Slices, Ranch Dressing, 100% Apple Juice
Wednesday - 7	Farina, Peaches, 1% Milk	Chicken Tenders, Mashed Potatoes, Broccoli, Whole Wheat Dinner Roll, *Orange Slices, 1% Milk	Pretzel Rods (Headstart) Arrow Cookies (EHS) 1% Milk
Thursday - 8	Wheaties, Orange Juice, 1% Milk	Baked Ziti, Garlic Bread, Sweet Peas, Peaches, 1% Milk	Ritz Crackers, 1% Milk
Friday - 9	Pancakes, Applesauce, 1% Milk	Vegetarian Chili, Brown Rice, Broccoli, Mixed Fruit, 1% Milk	*Apple Slices, 1% Milk
Monday-12	Life Cereal, Orange Juice, 1% Milk	Baked Chicken, Pierogies, Green Beans, Whole wheat roll, Pears, 1% Milk	Cheddar Cheese, Ritz Cracker, 100% Apple Juice
Tuesday -13	Oatmeal, Peaches, 1% Milk	Meatloaf, Tri-Colored Noodles, Green Beans, Pineapple Tidbits, 1% Milk	Triscuits, 1% Milk
Wednesday - 14	French Toast, Applesauce, 1% Milk	Baked Fish, Sweet Potato Tots, Broccoli, *Apple Slices, Whole Wheat Roll, 1% Milk	Low Fat Vanilla Yogurt, Peaches, Water

## Sullivan County Head Start/Early Head Start February 2018 Menu

Thursday - 15	Corn Muffin, *Bananas, 1% Milk	Low Salt Ham on Whole Wheat Bread, Vegetable Soup with extra vegetables, Orange Slices, 1% Milk	Cheese Nips, 1% Milk
Friday- 16	<b>Closed – In Service</b>	Closed	Closed
Monday -19	<b>Closed – Presidents' Day</b>	Closed	Closed
Tuesday- 20	Rice Chex, *Bananas, 1% Milk	Sweet & Sour Chicken, Yellow Rice, Cauliflower, Peaches, 1% Milk	Teddy Grahams, 1% Milk
Wednesday – 21	Scrambled Eggs, Grits, Mandarin Oranges, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, * Apple Slices, 1% Milk	Club Crackers, 1% Milk
Thursday – 22	Cheerios, Apple Juice, 1% Milk	Pizza, Tossed Salad, Pears, 1% Milk	*Orange Slices, 1% Milk
Friday- 23	Farina, Peaches, 1% Milk	Chicken Tenders, Mashed Potatoes, Broccoli, Whole Wheat Dinner Roll, Pears, 1% Milk	Carrot Sticks, Ranch, Water
Monday - 26	Blueberry Muffins, Bananas, 1% Milk	Baked Fish, Tricolored Noodles, Carrot Coins, *Apple Slices, Whole Wheat Roll, 1% Milk	*Apple Slices, 1% Milk
Tuesday- 27	Wheaties, Orange Juice, 1% Milk	Beef-a-roni, Mixed Vegetables, Garlic Bread, Mixed Fruit, 1% Milk	Cheese Stick, 100% Apple
Wednesday - 28	Oatmeal, Peaches, 1% Milk	Beans and Brown Rice, Broccoli, *Apple Slices, 1% Milk	Ritz Crackers, 1% Milk

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\*---Denotes Fresh Fruit

This institution is an equal opportunity provider