


Sullivan County Head Start/Early Head Start February 2019 Menu



Date	Breakfast	Lunch	Snack
Friday - 1	Oatmeal, Peaches, 1% Milk	Ground Beef and Spanish Brown Rice casserole with fresh green peppers, pears, 1% milk	Gold Fish, 1% milk
Monday- 4	Blueberry pancakes, Applesauce, 1% milk	Ravioli with extra cheese, Cauliflower, mixed fruit, whole wheat roll, 1% milk	Pretzel Rods, 100% Juicy Juice
Tuesday- 5	Scrambled Eggs, Whole wheat bread, mandarin oranges, 1% milk	Sliced turkey breast on whole wheat sandwich thin, Fresh Homemade Chicken Chowder with fresh carrots, celery and potatoes , * apple slices, 1% milk	Low fat vanilla yogurt, peaches, 1% milk
Wednesday – 6	Whole wheat French Toast, Applesauce, 1% milk	Chicken tenders, mashed potatoes, broccoli, * orange slices, Whole wheat dinner roll, 1 % milk	Triscuit crackers with cheddar cheese slices, 100% Juicy Juice
Thursday – 7	Life cereal, * bananas, 1% milk	Whole wheat elbow Pasta Toss with Fresh broccoli and carrots and low fat mozzarella cheese, * apple slices, 1% milk	Gold fish crackers, 1% milk
Friday - 8	Farina, Peaches, 1% milk	Baked fish, Tri color noodles, Whole wheat dinner roll, Tropical fruit, green beans, 1% milk	Club crackers, 1% milk
Monday 11	Whole wheat waffles, maple applesauce topping, 1% milk	Lasagna with meat sauce, Italian bread, *cucumber slices, diced pears, 1% milk	Graham crackers, 1% milk
Tuesday – 12	Blueberry muffins, * Bananas, 1% milk	Homemade Oven Baked Parmesan chicken, Sweet potatoes, Sweet Peas, Tropical Fruit, Whole wheat dinner roll, 1% milk	Pineapple tidbits, 1% milk
Wednesday- 13	Oatmeal, peaches, 1% milk	Tuna on whole wheat pita, Homemade Vegetable soup with fresh vegetables, * apple slices, 1% milk	Cheese Nips, 100% grape juice

		Happy Valentine's Day XXX000	
Thursday – 14	Chex cereal, *Blueberries, 1% milk	Whole wheat macaroni and cheese, diced beets, mixed fruit, 1% milk	Teddy Grahams, 1% milk
Friday – 15	Scrambled eggs, Grits, Mandarin oranges, 1% milk	Whole wheat pizza with extra cheese, *tossed salad, tropical fruit, 1% milk	Pretzel Goldfish, 1% milk
Monday -18	School Closed – Presidents day		
Tuesday – 19	Pancakes, applesauce, 1% milk	Meatloaf, mashed potatoes/gravy, Whole wheat dinner roll, corn, mixed fruit, 1% milk	*Apple slices with yogurt fruit dip, 100% juicy juice
Wednesday –20	Corn muffins, *orange slices, 1% milk	Fish sticks, Oven Roasted Potatoes, mixed vegetables, Pineapple tidbits, whole wheat dinner roll, 1% milk	Animal crackers, 1% milk
Thursday – 21	Farina, Peaches, 1% milk	Grilled cheese on whole wheat bread, Homemade Tomato soup with alphabet pasta , * carrot slices, diced pears, 1% milk	*pear slices, 1% milk
Friday - 22	Multigrain Cheerios, * bananas, 1% milk	Sloppy joe on whole wheat roll, Brown Rice, corn, *Apple slices, 1% milk	Low fat vanilla yogurt with mixed fruit, 1% milk
Monday – 25	Oatmeal, Peaches, 1% milk	Beef and Brown rice casserole, cauliflower, tropical fruit, 1% milk	Ritz crackers, 100% juicy juice
Tuesday – 26	Scrambled eggs, whole wheat bread, mandarin oranges, 1% milk	Popcorn chicken, mashed potatoes, sweet peas, diced pears, whole wheat dinner roll, 1% milk	Club crackers, 1% milk
Wednesday - 27	Life cereal, * Bananas, 1% milk	Whole wheat pizza, green beans, mixed fruit, 1% milk	Cucumber slices, low fat yogurt dip, 1% milk
Thursday - 28	Whole wheat French toast, applesauce, 1% milk	Chicken salad on whole wheat sandwich thin, Homemade chicken noodle soup, *cucumber slices, peaches, 1% milk	Wheat chex cereal, *banana, 1% milk

SULLIVAN COUNTY HEAD START MENU

2094---0003---0007---0008*---Denotes Fresh Fruit/This institution is an equal opportunity provider