


# Sullivan County Head Start/Early Head Start

## February 2020 Menu



Date	Breakfast	Lunch	Snack
Monday -3	Oatmeal, diced peaches, 1% milk	Red Beans with Brown Rice, Mixed Vegetables, *Orange slices, 1% milk	*apple slices, muenster cheese cubes, 1% milk
Tuesday – 4	Blueberry pancakes, applesauce, 1% milk	Whole wheat spaghetti with meat sauce, Garlic bread, *Cucumber slices/Ranch, Mixed fruit, 1% milk	Goldfish crackers, 1% milk
Wednesday – 5	Corn muffins with 100% fruit spread, *strawberries, 1% milk	Chicken Tenders, Mashed potatoes/gravy, Green beans, *pears, Whole wheat dinner roll, 1% milk	Pretzels, Apple juice
Thursday – 6	Scrambled eggs with shredded cheddar cheese, grits, Mandarin oranges, 1% milk	Whole wheat elbow macaroni and cheese, diced beets, *apple slices, 1% milk	Animal crackers, 1% milk
Friday -7	Kix cereal, *bananas, Orange juice, 1% milk	Homemade Turkey and dressing Supreme, corn, mixed fruit, whole wheat dinner roll, 1% milk	Low fat vanilla yogurt, *strawberries, 1% milk
Monday -10	Whole wheat French toast, *blueberries, 1% milk	Whole wheat English muffin pizza, *carrots/Ranch, *Pineapple slices, 1% milk	Cheese nips, 1% milk
Tuesday - 11	Farina, diced peaches, 1% milk	Homemade taco soup, Whole wheat dinner roll, *tossed salad, *apple slices, 1% milk	Graham crackers, 1% milk
Wednesday - 12	Pancakes, applesauce, 1% milk	Baked chicken thighs, Mashed potatoes/gravy, Broccoli, *Pear, whole wheat dinner roll, 1% milk	Wheat thins, cheddar cheese slices, 1% milk
Thursday - 13	Scrambled eggs, Mandarin oranges, whole wheat bread, 1% milk	Meatballs/gravy over whole wheat egg noodles, Mixed vegetables, *orange slices, 1% milk	Gold fish crackers, 100% grape juice
Friday – 14 	Overnight French toast, *bananas, Orange juice, 1% milk	Homemade Minestrone Soup made with fresh vegetables, Tuna sandwich on whole wheat bread, *cucumber slices, *strawberries, 1% milk	Whole wheat Ritz crackers, 1% milk
Monday – 17	<b>School closed – President’s Day</b>		
Tuesday – 18	Oatmeal, *blueberries, 1% milk	Barbecued Pork on a whole wheat bun, *homemade coleslaw, Tropical Fruit, 1% milk	*apple slices, 1% milk
Wednesday – 19	Blueberry muffins, *Banana, 1% milk	Homemade meat lasagna, *tossed salad, *pear slices, Whole wheat dinner roll, 1% milk	Animal crackers, 1% milk
Thursday – 20	Pancakes, Turkey sausage, applesauce, 1% milk	Hamburger on whole wheat bun, French fries, *carrots/Ranch, *apple slices, 1% milk	Pretzels, 100% juicy juice

Friday -21	Chex cereal, *strawberries, 1% milk	Homemade chicken potpie, whole grain biscuit, Pineapple chunks, 1% milk	Low fat vanilla yogurt, *blueberries, 1% milk
Monday -24	Corn muffin, *Orange slices, 1% milk	Homemade chicken parmesan over whole wheat spaghetti, green beans, mixed fruit, 1% milk	Graham crackers. 1% milk
Tuesday – 25	Scrambled eggs with shredded cheddar cheese, Whole wheat english muffin, Mandarin oranges, 1% milk	Baked fish, Tricolor noodles, whole wheat dinner roll, *broccoli, *apple slices, 1% milk	Cheese nips, 1% milk
Wednesday – 26	Oatmeal, diced peaches, 1% milk	Meatloaf, Mashed potatoes/gravy, whole wheat bread, Carrot coins, *Pears, 1% milk	Homemade Applesauce cake, *banana, 1% milk
Thursday – 27	Blueberry pancakes, applesauce, 1% milk	Turkey tacos on whole wheat wrap with *lettuce, *tomato, Shredded cheddar cheese, Salsa, *carrot/Ranch, *strawberries. 1% milk	Goldfish crackers, 100% Cranberry/apple juice
Friday -28	Mini whole wheat bagels, with low fat cream cheese, *banana, 1% milk	Homemade Vegetable Soup, Turkey and American on whole wheat bread, *carrots/Ranch, *Apple slices, 1% milk	Pretzels, 1% milk

\*---Denotes Fresh Fruit

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This institution is an equal opportunity provider