



Sullivan County Head Start/Early Head Start February 2021 remote learning

Date	Breakfast	Lunch	Snack
Monday	Whole wheat bagel, low fat cream cheese, *orange, 1% milk	<i>Chicken tenders, mashed potatoes, green beans, *apple, whole wheat dinner roll, 1% milk</i>	Pretzels, 100% apple juice
Tuesday	Whole grain rice krispy cereal, *pear, 1% milk	Ham and cheddar on whole wheat bread, *orange, *Carrot/Ranch, 1% milk	Whole wheat saltine crackers, 1% milk
Wednesday	Cheerios, *Banana, 1% milk	Turkey and muenster on whole wheat bread, *apple, *carrot sticks/ranch, 1% milk	Cheese it crackers, 1% milk
Thursday	Blueberry muffin, *Banana, 1% milk	Chicken salad on whole wheat bread, Celery sticks, *pears, 1% milk	Pretzels, 100% grape juice
Friday	Corn muffin, *apple, 1% milk	Whole grain pancakes, low fat mozzarella stick, applesauce, carrots/ranch, 1% milk	Low fat Vanilla yogurt, *pear, 1% milk
Monday	Hard boiled eggs, *orange, 1% milk	<i>February 8 – Whole wheat elbow macaroni and cheese, diced beets, *pear, 1 % milk</i>	Teddy grahams, 1% milk
Tuesday	Whole wheat bagels/low fat cream cheese, *Orange, 1% milk	Tuna salad Whole wheat bread, *pear, *carrot sticks/ranch, 1% milk	Goldfish crackers, 100% orange/pineapple juice
Wednesday	Kix cereal, *banana, 1% milk	Turkey and muenster cheese on whole wheat bread, *apple, *carrot sticks/Ranch, 1% milk	Pretzels, 1% milk
Thursday	Blueberry muffin, *banana, 1% milk	Egg salad on whole wheat bread, *celery sticks/Ranch, *orange, 1% milk	Low fat vanilla yogurt *apple, 1% milk
Friday	Corn muffins with 100 % fruit spread, orange juice, 1% milk	Ham on whole wheat bread, *Orange, carrots, 1% milk	Cheese it crackers, 1% milk
Each Monday we will serve a hot meal to be reheated at home		<i>Monday February 15-closed</i> <i>Monday February 22 – sloppy Joe, green beans, *orange, whole wheat bread, 1% Milk</i>	
	*---Denotes Fresh Fruit	This institution is an equal opportunity provider	2094---0003---0007---0008

