

**SULLIVAN COUNTY HEAD START/EARLY HEAD START
FEBRUARY 2021 MENU**



DATE	BREAKFAST	LUNCH	SNACK
MONDAY 01	Farina, Mandarin Oranges, 1% Milk	Chicken Tenders, Mashed Potatoes, Green Beans,* Apple Slices, Whole Wheat Roll, 1% Milk	Club Crackers, Juicy Juice
TUESDAY 02	Cheerios, Bananas, 1% Milk	Meat Chili, Brown Rice, Mixed Vegetables, Oranges*, 1% Milk	Vanilla Yogurt, Apple Slices, 1% milk
WEDNESDAY 03	Pancakes, Applesauce, 1% Milk	Grilled Cheese on Whole Wheat Bread, Tomato Soup, Carrot Coins, Pineapple Tidbit, 1% Milk	Animal Crackers, 1% Milk
THURSDAY 04	Whole Wheat Bagels, Lowfat Cream Cheese, Fruit Spread, Bananas 1% Milk	Baked Meatloaf, *Oven Roasted Potatoes, Broccoli, Mandarin Oranges, Whole Wheat Dinner Roll, 1% Milk	*apple slices, 1% Milk
FRIDAY 05	Oatmeal, Peaches, 1% Milk	Chicken Salad on Whole Wheat Roll, HOME MADE Minestrone Soup, Peas, Apple Slices, 1% Milk	Goldfish, Apple Juice
MONDAY 08	Whole wheat French Toast, Applesauce, 1% Milk	Whole wheat Elbow Macaroni & Cheese, Beets, *Pears, 1% Milk	Cheese Nips, 1% milk
TUESDAY 09	Scrambled Eggs, Grits, *orange slices, 1% Milk	Turkey Taco on whole wheat wrap, Lettuce, Tomato, Black Beans, Salsa, *cucumber slices, Apricots 1% Milk	*Orange Slices, 1% Milk
WEDNESDAY 10	Kix, Orange Juice, 1% Milk	Baked Chicken, Sweet Potatoes, Broccoli, Mixed Fruit, Whole Wheat Dinner Roll, 1% Milk	Vanilla Yogurt, Pineapple Tidbits
THURSDAY 11	Farina, Peaches, 1% Milk	Tuna Salad on a Whole Wheat Wrap, HOMEMADE Vegetarian Vegetable Soup, Green Beans, *Apple Slices, 1% Milk	Muenster cheese cubes, whole wheat ritz crackers, 1% milk
FRIDAY 12	Oatmeal, *banana, 1% milk	Whole wheat spaghetti with meat sauce, *Tossed Salad, Garlic bread, Mixed fruit, 1% milk	Pretzels. 1% milk
MONDAY 15	*****	*****CLOSED PRESIDENT'S DAY*****	*****
TUESDAY 16	Waffles, Applesauce, 1% Milk	Chicken Tenders, Brown Rice, Mixed Vegetables, Whole wheat dinner roll, Pears*, 1% Milk	Teddy Grahams, 1% milk
WEDNESDAY 17	Blueberry Muffins, Bananas, 1% Milk	Ravioli w/ Meat Sauce, Broccoli, Pineapple Tidbits, whole wheat bread, 1% Milk	Goldfish crackers, Apple Juice
THURSDAY 18	Scrambled Eggs, Whole Wheat Toast, Mandarin Oranges, 1% Milk	Whole wheat elbow Macaroni & Cheese, Beets, Tropical fruit, 1% Milk	*banana, 1% Milk

FRIDAY 19	Life Cereal, Peaches, 1% Milk	Chicken Stir Fry, Rice with fresh vegetables (Broccoli, carrots, Cauliflower), Apricots, 1% Milk	Low fat Vanilla Yogurt, *apple slices, 1% milk
MONDAY 22	Pancakes, Applesauce, 1% Milk	Sloppy Joe on a whole wheat Bun, Green Beans, *Orange Slices, 1%Milk	Graham Crackers, 1% Milk
TUESDAY 23	Corn Muffins, *Banana, 1% Milk	Turkey on Whole Wheat bread, Tomato Soup, *Cucumber Slices, Fruit Cocktail, 1% Milk	Low fat mozzarella cheese sticks, Cranberry juice
WEDNESDAY 24	Oatmeal, Peaches, 1% Milk	Vegetarian Chili, Brown Rice, Mixed Vegetables, *Apple Slices, 1% Milk	Ritz Crackers, Cheddar Cheese slices, 1% milk
THURSDAY 25	French Toast, Applesauce, 1%Milk	Meatloaf, Tri-Colored Noodles, Corn, Mandarin Oranges, whole wheat dinner roll, 1% Milk	Corn Chex, 1% Milk
FRIDAY 26	Cheerios, Apple Juice, 1% Milk	Pizza w/ extra cheese, Tossed Salad, Pears*, 1% Milk	Cheese nips, 1% Milk

SULLIVAN COUNTY HEAD START MENU

2094---0003---0007---0008

*---- Denotes Fresh Fruit

This institution is an equal opportunity provider