Early Head Start Menu

	Tues	*Wed*	*Thu*	*Fri*
		1 B– Milk 6oz. Whole grain Bread 1/2 slice refried beans 1/4 c. watermelon 1/2 c L **Milk 6 oz. Salisbury steak 1 brown gravy 3 ketch-up 1 mixed vegetables 1/4 c. Diced pears 1/4 c. 100% whole Wheat bread 1/2 slice** S-Orange juice 4 oz Vanilla wafer 1/2 oz	2 Milk 6 oz. blueberry mini muffin f(9198614) 1 2 oz.1 banana 1 ***L– Milk 6 oz. beef rib patty 1 mashed potatoes 1/4 c. diced peaches 1/4 c. 100% Wheat bread 1/2 slice*** ***Snack– orange juice 1. a Cheese fish puffs 1 (.75 oz) water 4 0z.***	3 **Wear Red Day** B- ***Milk 6 oz. Whole Grain Pan cake 1 slice syrup 1 applesauce 1 /2 c*** *L ground beef with Marinara sauce 1/2 c apricots 1/4 c green beans 1/4 c, 100% Whole grain spaghetti 1/4 c.* *S Orange juice 4 oz Whole Wheat crackers 6* **Breakfast for Monday will be sent**
6 Milk 6oz Kix cereal **1 oz** fruit cocktail **1/2 c** L-Milk **6** oz. Whole grain breaded fingers 3 gravy 1 apricots **1/4c.** Mixed vegetables 1/4 c.. S cheese stick 1/2 . 1/2 oz.. Orange juice r 4 oz	7 BMilk 6oz. Blueberry mini muffin 1,diced peach-es 1/2 c.,Whole grain wheat L-Milk 6 0z ground beef with cheese 1 slice bun 1 potatoe smile 3 ketchup1 pkg mayonnaise 1 pkg fruit cocktail with jello 1/3 c. 100% Wheat bread 1/2 slice *S- Orange juice 4 oz animal crackers 1*	8Milk 6oz. 1 2 c turkey sausage patty 1 Whole grain Pan Cake syrup 1 Cantalopue watermelon pineapple mix 1/2 c. L-Milk 6 oz. ground beef with marinara sauce 1/2 c. wheat bread 1/2 SL broccoli with cheese 1/4 c diced pears . S– Graham cracker 2 Orange juice 4 oz. .	**9 B Milk 6oz. Kix 1/oz banana 1** **Milk 6oz. Whole Grain Turkey fingers 3 country gravy . Mandarin orange 1/2 turkey gravy , creamed corn 1/4 c.** **S– Vanilla Wafers 1 oz white grape juice 4 oz**	***10Milk 6 oz. 100% Whole wheat bread 1/2 c re-fried vegetarian beans 1/4c. Shredded cheese 1 1/2 oz mandarin orange 1/2 c*** ***L Milk 6 oz. Pulled Chicken with squash 1/2 c. , crushed pineapple 1/4 c. Diced carrots 1/4 c. 100% Whole Wheat bread 1/2*** ***S Yogurt 1 Fresh cantaloupe cup 1/2 c*** **Breakfast for Monday will be sent**
13B-Milk 6oz. Cherrios s 1,diced peaches 1/2 c., L-Milk 6 0z. Whole Grain Beef fingers 3 brown gravy . . Green beans 1/4 c apricot 1/4 c. . *S-saltine crackers 4. Orange juice 4 oz,.*	*14* B-Milk 6oz. Kix 0z. Crushed pineapple 1/2c. **L–**Milk 6 oz. WG Chicken patty 1 country gravy 1 Diced pears 1/4 c.. broccoli flowerettes with cheese 1/4 c, IMIL S- Whole Grain Cheese puffs 1 Orange juice 4 oz Water 4 oz. **Breakfast will be sent today for Tuesday**	**15 Milk 6 oz. Whole wheat Pan cake 1 syrup 1/2 applesauce 1/2 c** **L Milk 6 oz. Ground beef 1/2 c diced mandarin orange 1/4 c. Mixed vegetables 1/4 c. 100% Whole Wheat bread 1/2 sl** **S Banana Candle 1 banana 1 pineapple slice 1 cherry half yogurt 1** **Thursday Breakfast will be sent today**	**16 B Milk 6 oz. Cherrios banana 1.** **L Milk 6 oz. pulled chicken with squash 1/2 c. 100% Whole wheat bread 1/2 Diced Carrots 1/4 c. Crushed pineapple 1/4 c.** **Early release after 12:15**	**17 Milk 6oz. Whole Wheat Pan Cake 1 turkey sausage 1 diced Apricot 1/2 c.** **L Salisbury Steak 1 brown gravy creamed corn 1/4 c. Mandarin orange 1/4 c. 100% Whole Wheat bread 1/2 slice** **Early release after 12:15**
Holiday 	*21*B-Milk 6oz. Whole Grain pan cake 1. ap-plesauce 1/2 c. Syrup 1/2 **L–**Milk 6 oz. Whole Grain Chicken patty 1 Country Gravy 1 broccoli cuts 1/4 c. with cheese sauce . Diced peaches 1/4 c. S- Orange juice 4 oz cheese stick 1/2 oz	***22Milk 6 oz. Whole wheat bread 1/2 slice c refried vegetarian beans 1/4c. With Shredded cheese man-darin orange 1/2 c.*** ***L Milk 6 oz. Ground beef with sloppy joe mix 1/2c. 1/4 c. , fruit cup 1/4 c. 100% Whole wheat bread 1/2 slice. Diced carrots 1/4 c.*** ***S– Graham crackers 2 Orange juice 4 oz.*** **Breakfast for Thursday will be sent today**	**23Milk 6oz. Kix 5/8 oz banana 1** **Happy Chili Day** **L Milk 6oz. Ground beef with pinto beans 1/2 c. Crushed pineapple 1/4 c. green beans 1/4 c. 1/4 c.** **S– Go gourt 1 Whole Grain muffin 2 oz.**	**24** 27B-Milk 6oz. Biscuit 1 jelly 1 cheese 1 slice **Ap-plesauce 1/2 c.** **1 L–**Milk 6 oz. Pulled chicken 1/2 c macaroni with cheese 1/4 c. Diced pears 1/4 c.. s mixed vegeta-bles 1/4 c. S- Orange Juice 4 oz. Cheese puffs 1 1oz water 4 oz.
27 Strawberry Day ***Milk 6 oz. Cherrios 1 Strawberries 1/2 c*** ***L Milk 6 oz. Chicken with squash 1/2 c. , applesauce 1/4 c. Whole Wheat bread 1/2 slice Diced carrots 1/4 c.*** ***S– Orange Juice 4 oz cheese 1/2 oz. water 4 oz.***	*28 Milk 6 oz. Whole Grain muffin 1 diced pears 1/2 c.* *L Milk 6 oz. ground beef chili with beans with shred-ded cheese 1/2 c.. Whole Wheat bread 1/2 slice . Mixed vegetables 1/4 c. Apricot 1/4 c.* *S– Orange juice 4 oz, whole wheat crackers 6.*	**Ana Maria Pena RD Reviewed menu** **Water is served with all meals** ***USDA is an equal opportunity provider, employer and lender***	**The Big Game** (February 5, 2017) * **Happy Valentine's Day!** (February 14) **Chili Day** (4th Thursday; February 23, 2017) * **Strawberry Day** (February 27)	

National Pan Cake Week