

## February 2019 Head Start Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1
4	5	6	7	8
<b>BEEF TACO</b> Whole Grain Soft Shell Tortilla* Taco Meat <sup>CN</sup> , Cheese, Lettuce, Tomato, Lite Sour Cream & Salsa Refried Beans Fruit Milk	<b>FRENCH TOAST STICKS</b> <sup>CN</sup> Syrup & Fruit Topping Colby Cheese Omelet Tri Tater Potato Fruit Milk	<b>PIZZA SLICE</b> <sup>CN</sup> * Steamed Broccoli Fruit Milk	<b>CHICKEN IN GRAVY</b> over <b>MASHED POTATOES</b> Whole Grain Tea Roll* Green Beans Fruit Milk	
11	12	13	No School	15
<b>HOT DOG</b> <sup>CN</sup> on Whole Grain Bun * Ketchup & Mustard Baked Beans Fresh Broccoli with Dip Fruit Milk	<b>DELI SANDWICH</b> on Whole Grain * Lite Mayo & Mustard Lettuce Salad with Fresh Veggie Toppings and Dressing Fruit Milk	<b>PBJ UNCRUSTABLE SANDWICH</b> <sup>CN*</sup> Peas Fresh Vegetable Fruit Milk	14	
No School	19	20	21	22
18	<b>TACO 'N BAG</b> WG Reduced Fat Doritos Chips * Beef Taco Meat <sup>CN</sup> , Cheese, Lettuce, Tomato, Salsa & Lite Sour Cream Refried Beans Fruit Milk	<b>STUFFED RAVIOLI</b> with Whole Grain <b>CHEESE FILLED BREADSTICK</b> Mixed Vegetables Fruit Milk	<b>BREADED CHICKEN PATTY</b> <sup>CN</sup> with Lettuce & Tomato on Whole Grain Bun * BBQ Sauce & Ketchup Coleslaw Fruit Milk	
25	26	27	28	
<b>POPCORN CHICKEN</b> <sup>CN</sup> * BBQ Sauce Steamed Carrots Fruit Milk	<b>BRUNCH LUNCH</b> Whole Grain <b>PANCAKES</b> * Syrup <b>HAM SLICE</b> Tri Tater Potato Fruit Milk	<b>HAMBURGER/CHEESEBURGER</b> <sup>CN</sup> Lettuce & Tomato & Pickle Ketchup & Mustard on Whole Grain Bun * Baked Beans Fruit Milk	<b>SPAGHETTI SAUCE &amp;</b> <b>MEATBALLS</b> <sup>CN</sup> Over Whole Grain Spaghetti * Green Beans Fruit Milk	

CN = Child Nutrition labeled product    \* = Whole Grain Enriched  
 All milk served is 1% lowfat milk  
 This Institution is an equal opportunity provider.