


FEBRUARY 2023

**DOVER HEAD
START/ EARLY
HEAD START**

HAPPY VALENTINE'S DAY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
|  | | <p>1</p> <p>B- HARD BOILED EGGS ORANGE JUICE WHOLE WHEAT BREAD L- MAC & CHEESE BROCCOLI & KERNEL CORN SLICED BREAD FRESH APPLE S-PITA BREAD AND CHEESE</p> | <p>2</p> <p>B-PANCAKES & SAUSAGE PINEAPPLE JUICE L- GRILLED CHEESE ON WHOLE WHEAT BREAD TOMATO SOUP BABY CARROTS APRICOTS S- YOGURT W/ BLUEBERRIES</p> | <p>3</p> <p>B-CHEERIOS CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- ANIMAL CRACKERS & MILK</p> |
| <p>6</p> <p>B-WHOLE GRAIN BAGEL W/ LITE CREAM CHEESE APPLE JUICE L- PINTO BEANS RICE GREEN BEANS WHOLE WHEAT BREAD MANDARIN ORANGE S- CUCUMBERS & CHEESE</p> | <p>7</p> <p>B- OATMEAL & RAISINS GRAPE JUICE L- CHICKEN PATTY W/ CHEESE WHOLE WHEAT BUN SLICED CARROTS DICED PEARS S- TEDDY GRAHAM CRACKERS & MILK</p> | <p>8</p> <p>B- CHEESE OMELET POTATO, PEPPER & ONIONS WHOLE WHEAT BREAD ORANGE JUICE L- SPAGHETTI W/ MEATBALLS CABBAGE WHOLE WHEAT BREAD FRESH ORANGE S- YOGURT W/ BERRIES</p> | <p>9</p> <p>B- FRENCH TOAST CRANBERRY JUICE L- SALISBURY STEAK SWEET MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRUIT COCKTAIL S-GRAHAM CRACKERS & MILK</p> | <p>10</p> <p>B- RICE CRISPY CEREAL BANANA L- GRILLED CHEESE ON WHOLE WHEAT BREAD TOMATO SOUP BABY CARROTS APRICOTS S-TRAIL MIX & MILK</p> |
| <p>13</p> <p>B- YOGURT W/ GRAHAM CRUMBS STRAWBERRY SALSA DICED PEACHES & BLUEBERRIES L- BLACK BEANS & RICE GREEN BEANS WHOLE GRAIN BREAD APRICOTS S- PITA BREAD & CHEESE</p> | <p>14</p> <p>B- CORN MUFFIN APPLESAUCE L-HAMBURGER W/ CHEESE WHOLE WHEAT BUN FRENCH FRIES BABY CARROTS DICED PEACHES S- TRAIL MIX & MILK</p> | <p>15</p> <p>B- SCRAMBLED EGGS ORANGE JUICE WHOLE WHEAT BREAD L- CHICKEN FAJITA SOFT WHEAT WRAP DICED TOMATO KERNEL CORN SHREDDED CHEESE FRUIT COCKTAIL S- ANIMAL CRACKERS & MILK</p> | <p>16</p> <p>B- WHOLE GRAIN BAGEL W/ LITE CREAM CHEESE APPLE JUICE L-MAC & CHEESE BROCCOLI & KERNEL CORN WHOLE WHEAT BREAD FRESH ORANGE S- WHOLE WHEAT CRACKERS & CHEESE</p> | <p>17</p> <p>B - CORN FLAKES CEREAL BANANA L-CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S-WHOLE WHEAT BREAD & CHEESE</p> |
| <p>20</p> <p>School Closed President's Day</p> | <p>21</p> <p>B- PANCAKES SAUSAGE CRANBERRY JUICE L-BAKED CHICKEN MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD FRESH APPLE DICED PEARS S-TRAIL MIX & MILK</p> | <p>22</p> <p>B-CORN MUFFIN APPLESAUCE L- LENTILS & RICE GREEN BEANS WHOLE WHEAT BREAD FRESH ORANGE S- YOGURT W/ PEACHES</p> | <p>23</p> <p>B- HARD BOILED EGGS WHOLE WHEAT BREAD ORANGE JUICE L- CHICKEN FAJITA SOFT WHEAT WRAP DICED TOMATO KERNEL CORN SHREDDED CHEESE FRUIT COCKTAIL S- ANIMAL CRACKERS & MILK</p> | <p>24</p> <p>B-CHEERIOS CEREAL BANANA L- CHEESE PIZZA W/ EXTRA CHEESE TOSSED SALAD PINEAPPLE TIDBITS S- TEDDY GRAHAM CRACKERS & MILK</p> |
| <p>27</p> <p>B- FRENCH TOAST GRAPE JUICE L-WHOLE GRAIN ROTINI PASTA MEAT BALLS WHOLE WHEAT BREAD SLICED CARROTS & PEAS FRESH ORANGE S- GRAHAM CRACKERS & MILK</p> | <p>28</p> <p>B-CORN MUFFIN APPLESAUCE L- BAKED CHICKEN MASHED POTATOES MIXED VEGETABLES WHOLE WHEAT BREAD DICED PEACHES S- WHOLE WHEAT CRACKERS & CHEESE</p> | | | |

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Portions suggested by the USDA Child and Adult Care Food Program
Head Start children ages 3-5 years are served 1% or nonfat milk with meals
E.H.S. children ages 0-2 years are served whole milk with meals
HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
MENU SUBJECT TO CHANGE WITHOUT NOTICE