

HEAD START February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Yogurt Whole Grain Granola Whole Grain Dino Tenders Steamed Rice Diced Mango Vegetable Serving	2 Rice Krispies Craisins Whole Grain Cheese Quesadilla Turkey Sausage Blackbean & Corn Salad Fruit Serving	3 Fresh Fruit Cup Whole Grain Zucchini Chocolate Chip Bread Cheeseburger Whole Grain Bun String Cheese Applesauce Vegetable Serving
6 Scrambled Egg & Cheese Whole Grain Wrap Diced Mangos Whole Grain Noodles & Broccoli All Beef Meatballs Diced Peaches Vegetable Serving	7 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza Hard Boiled Egg Steamed Carrots Applesauce	8 Fruit Smoothie Whole Grain Biscuit Whole Grain Mac & Cheese Turkey Sausage Cabbage Fruit Serving	9 Whole Grain Cheerios Fruit Cocktail Whole Grain Chicken Tenders Dinner Roll Corn Fruit Serving	10 Fresh Fruit Whole Grain Carrot Bread Whole Grain Pizza Wrap All Beef Meatballs Cucumbers & Dip Fruit Serving
13 Whole Grain Pancakes Turkey Sausage Whole Grain Mac & Cheese Turkey Bacon Mandarin Oranges Vegetable Serving	14 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	15 Yogurt Whole Grain Granola Whole Grain Pasta Parmesan Meatloaf Steamed Green Beans Fruit Serving	16 Rice Krispies Craisins Hamburger Whole Grain Bun American Cheese Slice Orange Slices Vegetable Serving	17 Fresh Fruit Cup Whole Grain Zucchini Chocolate Chip Bread Whole Grain Chicken & Cheese Soft Taco Turkey Sausage Corn Fruit Serving
20 SCHOOL CLOSED	21 Whole Grain Cranberry Muffin Mandarin Oranges Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce	22 Fruit Smoothie Whole Grain Biscuit Whole Grain Mac & Cheese Hard Boiled Eggs Steamed Carrots Fruit Serving	23 Whole Grain Cheerios Fruit Cocktail Whole Grain Dino Tenders Steamed Rice Steamed Broccoli Fruit Serving	24 Fresh Fruit Whole Grain Carrot Bread Whole Grain Chicken Nuggets Mac & Cheese Applesauce Vegetable Serving
27 Whole Grain Pancakes Turkey Sausage Whole Grain Baked Ziti Turkey Slice Cucumber Salad Fruit Serving	28 Whole Grain Blueberry Muffin Peaches Whole Grain Pizza All Beef Meatballs Steamed Carrots Applesauce			

"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 and water with meals
 E.H.S. children ages 0-2 years are served whole milk with meals
 HEAD START COMMUNITY PROGRAM OF MORRIS COUNTY Inc.
 Simply Gourmet LLC
 MENU SUBJECT TO CHANGE WITHOUT NOTICE