

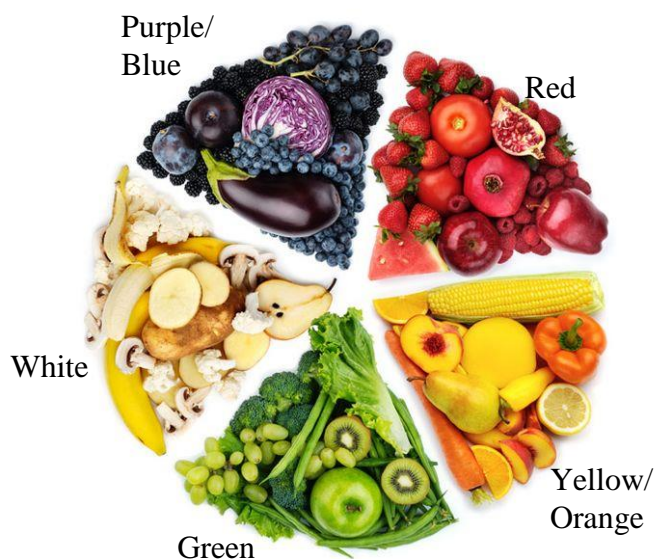
February 2017 Menu --- Dilworth Head Start

	Breakfast	Lunch	Snack
Wednesday 1	1 slice French Toast w/ Applesauce Topping ½ c Peaches 6 oz 1% Milk	Homemade Mexican Pizza: 1 Whole Grain Tortilla, refried beans, cheese, salsa ¼ c Brainpower Cauliflower / Lite Ranch ¼ c Cantaloupe Wedge 6 oz 1% Milk	½ oz Chex Snack Mix 4 oz 100% Apple Juice
Thursday 2	1 slice whole wheat Cinnamon Krimp Bread / Cheese Spread 4 oz 100% Orange Juice 6 oz 1% Milk	5 Mini Whole Grain Chicken Corn Dogs / Ketchup ¼ c X-Ray Vision Carrot Coins ¼ c Watermelon Wedge 6 oz 1% Milk	½ c Apple Wedges Peanut Butter Dip 4 oz 1% Milk
Monday 6	1/2 c Life Cereal 4 oz 100% Grape Juice 6 oz 1% Milk	Peanut Butter & Jelly Sandwich on one slice Whole Wheat Bread ½ c Chicken Noodle Soup ¼ c X-Ray Vision Carrot Sticks ¼ c Orange Wedges 6 oz 1% Milk	½ oz Oyster Crackers 1 oz String Cheese Water
Tuesday 7	1 Giant Fish Graham Cracker ¼ c Yogurt ½ c Pears 6 oz 1% Milk	1/2 c Tatertot Casserole w/ ¼ c Square Pants Corn ½ oz Whole Wheat Dinner Roll ¼ c Apple Slices 6 oz 1% Milk	½ oz Vanilla Wafers 4 oz 1% Milk
Wednesday 8	1 Whole Wheat Waffle w/ Applesauce Topping ½ c Pineapple Tidbits 6 oz 1% Milk	2 Whole Grain Chicken Giggles ¼ c Smiley Fries / Ketchup ¼ c Cantaloupe Wedge 6 oz 1% Milk	1 slice Pumpkin Bread 4 oz 100% Pineapple Juice
Thursday 9	1 Blueberry Muffin 4 oz 100% Orange Juice 6 oz 1% Milk	1 Crispito: 1Tortilla, Shredded Chicken, .5 oz Cheese, Salsa ¼ c Growing Tall Green Beans 1 Clementine Orange 6 oz 1% Milk	1 Blueberry Muffin 4 oz 100% Grape Juice
Monday 13	¼ c Whole Grain Hot Cereal Raisins / Cinnamon & Sugar 4 oz 100% Pineapple Juice 6 oz 1% Milk	1 BBQ Chicken Leg ½ oz Whole Wheat Dinner Roll ¼ c Spudster ¼ c Apple Slices 6 oz 1% Milk	2 oz Cottage Cheese ½ c Mandarin Oranges Water
Tuesday 14	2 Whole Grain Crackers 1 oz Cottage Cheese ½ c Mandarin Oranges 6 oz 1% Milk	¼ c Italian Spaghetti Noodles ¼ c Meat Sauce ¼ c Romaine Lettuce Salad / Lite Ranch Dressing ¼ c Orange Slices 6 oz 1% Milk	2 oz Straw/Banana Go-gurt 1 Giant Fish Graham Cracker Water
Wednesday 15	1 Nutri Grain Cereal Bar ½ c diced Pears 6 oz 1% Milk	Grilled Cheese on one slice Whole Wheat Bread ½ c Tomato Soup ¼ c Powerful Peas ¼ c Watermelon 6 oz 1% Milk	1 Lefse w/ Margarine Cinnamon & Sugar 1 Banana Water
Thursday 16	1 Mini Blueberry Bagel Strawberry Cream Cheese 4 oz 100% Apple Juice 6 oz 1% Milk	3 Fish Nuggets ¼ c Dinosaur Broccoli Trees / Lite Ranch ¼ c Cantaloupe Wedge 6 oz 1% Milk	1 Blueberry Mini Bagel Strawberry Cream Cheese 4 oz 100% Grape Juice
Monday 20	No Head Start	No Head Start	No Head Start
Tuesday 21	1/2 c Cheerios Cereal 4 oz 100% Orange Juice 6 oz 1% Milk	Grilled Chicken Breast ½ oz Whole Wheat Dinner Roll ¼ c Baby Baker Potatoes	1 Nutri Grain Cereal Bar 4 oz 100% Orange Juice

		¼ c Watermelon Wedge 6 oz 1% Milk	
Wednesday 22	1 Whole Grain Pancake w/ Applesauce Topping ½ c Fruit Cocktail 6 oz 1% Milk	½ c Chili ½ Cheese Sandwich on one slice Whole Wheat Bread ¼ c Apple Slices 6 oz 1% Milk	½ oz Pretzels ½ c Orange Wedges Water
Thursday 23	1 slice whole wheat toast Peanut Butter & Jelly 4 oz 100% Grape Juice 6 oz 1% Milk	½ c Lasagna ¼ c Romaine Lettuce Salad / Lite Ranch ¼ c Orange Wedges 6 oz 1% Milk	½ of Round whole wheat Pita Bread w/ Peanut Butter 1 Banana Water
Monday 27	1/2 c Crispix Cereal 4 oz 100% Apple Juice 6 oz 1% Milk	2 squares homemade Cheese Pizza on Whole Wheat Crust ¼ c Cool Cucumber Slices ¼ c Orange Wedges 6 oz 1% Milk	½ oz Animal Crackers ½ c Applesauce Water
Tuesday 28	½ whole wheat English Muffin Peanut Butter & Jelly ½ c Fruit Cocktail 6 oz 1% Milk	2 oz Hamburger on Whole Wheat Bun / Ketchup ¼ c Snap Peas ¼ c Apple slices 6 oz 1% Milk	1 slice Whole Wheat Cinnamon Krimp Bread ½ oz cheese Spread 4 oz 100% Orange Juice
This institution is an equal opportunity provider and employer.			



Variety makes plates colorful!



Colorful plates ensure children are receiving ALL of their vitamins and minerals

Each color provides other added health benefits for you and your children

- Helps fight cancer
- Helps keep the heart healthy
- Helps eye-sight
- Helps lower cholesterol
- Helps improve blood pressure
- Helps reduce stomach cancer risk
- Improves memory

Try Something New!

1. Fruit-sickles: blend up your favorite fruit (melon, berries, peaches, banana, kiwi) with 100% fruit juice. Freeze in ice cube tray or popsicle mold
2. Pizza toppings: Try new toppings on your pizza to make it colorful! (mushrooms, pineapple, eggplant, variety of peppers, spinach, tomatoes, broccoli, asparagus, cauliflower, artichokes)