

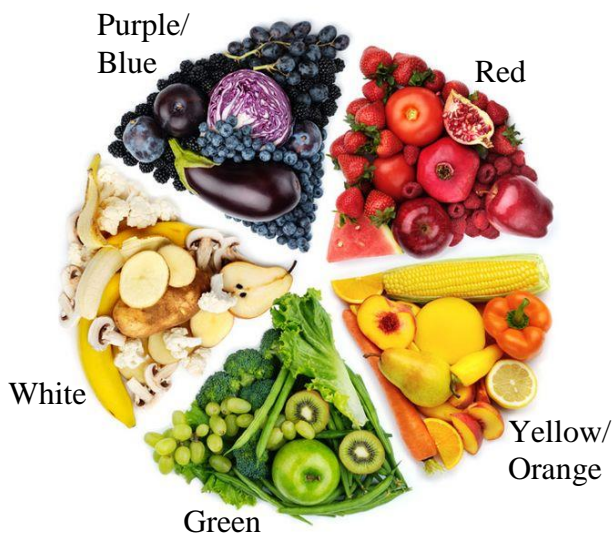
## February 2017 Head Start Menu --- FSC 1, 2, 3

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>
<b>Wednesday 1</b>	1 Blueberry Muffin ½ c diced Pears 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
<b>Thursday 2</b>	1 slice whole wheat Cinnamon Krimp Bread / Cheese Spread ½ c Applesauce 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 Slices Peanut Butter Dip 4 oz 1% Milk
<b>Monday 6</b>	¼ c Whole Grain Hot Cereal 1 Banana Raisins / ½ tsp Cinnamon/Sugar 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
<b>Tuesday 7</b>	½ of Round Whole Grain Pita Bread Peanut Butter ½ c diced Peaches 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
<b>Wednesday 8</b>	1 Whole Grain Belgian Waffle Stick w/ Applesauce Topping ½ c Mandarin Oranges 6 oz 1% Milk	2 Whole Grain Chicken Giggles ¼ c Smiley Fries / Ketchup ¼ c Cantaloupe Wedge 6 oz 1% Milk	1 Pumpkin Bread Square 4 oz 100% Pineapple Juice
<b>Thursday 9</b>	1 slice whole wheat Toast Peanut Butter / Jelly ½ c Pineapple Tidbits 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
<b>Monday 13</b>	1/2 c Life Cereal 1 Banana 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
<b>Tuesday 14</b>	1 slice French Toast w/ Applesauce Topping ½ c diced Peaches 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
<b>Wednesday 15</b>	½ Whole Grain English Muffin Peanut Butter / Jelly 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 slice Lefse w/ Margarine ½ tsp Cinnamon & Sugar 1 Banana Water
<b>Thursday 16</b>	1 Whole Grain Pancake w/ Applesauce Topping ½ c Mandarin Oranges 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 w/ Strawberry Cream Cheese 4 oz 100% Grape Juice
<b>Monday 20</b>	<b>No Head Start</b>	<b>No Head Start</b>	<b>No Head Start</b>
<b>Tuesday 21</b>	1/2 c Cheerios Cereal 1 Banana 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	
<b>Wednesday 22</b>	1 Blueberry Mini Bagel Strawberry Cream Cheese ½ c Mandarin Oranges 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 Wedge Water
<b>Thursday 23</b>	1 Lefse w/ Margarine ½ tsp Cinnamon/Sugar ½ c Applesauce 6 oz 1% Milk	½ c Lasagna ¼ c Romaine Lettuce Salad / Lite Ranch ¼ c Orange Wedges 6 oz 1% Milk	½ Round Whole Grain Pita Bread / Peanut Butter 1 Banana Water
<b>Monday 27</b>	1/2 c Crispix Cereal 1 Banana 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
<b>Tuesday 28</b>	Breakfast Burrito: 1 Whole Grain Tortilla, Scrambled Eggs, Salsa 4 oz 100% Pineapple Juice 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
<b>“This institution is an equal opportunity provider”</b>			



## Variety makes your plate more 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 such as:

- 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)