



**February 1-29, 2016**

**Early Head Start**

Fruit and vegetable substitutions may occur without notice due to market availability

<p>1 Mini Bagel with Cream Cheese, Diced Pears, Milk ★ Chicken and Broccoli Casserole, Spinach &amp; Berry Salad with <b>Raspberry</b> Dressing, Milk ★ Vanilla Wafers, GoGurt</p>	<p>2 Waffle, Mixed Berries, Milk ★ Chicken Empanadas, Salsa with Avocado Chunks, Cumin Black Beans, Milk ★ Fish Crackers, Apple Slices</p>	<p>3 Granola, Orange Wedges, Milk ★ Soy Sauce Chicken with Brown Rice, Steamed Asian Veggies with Cooked <b>Cabbage</b>, Pineapple Chunks, Milk ★ Caramel Rice Cakes, Tangerine</p>	<p>4 Toasted English Muffin, <b>Raspberry</b> Preserves, Banana, Milk ★ Hamburger with Sautéed <b>Mushrooms</b> &amp; Caramelized Onions, Apple Slices, Milk ★ Cucumber Coins, Hummus</p>	<p>5 Corn Flake, Peaches, Milk ★ Chicken Pozole with Cabbage, Radishes, Onions &amp; Cilantro, Corn Tortilla, Milk ★ Wheat Crackers, Cheese Cubes</p>
<p>8 Mixed Berry Muffin, Fruit Cup, Milk ★ Trout Ole, Sautéed Spinach, Wild Rice, Melon Cubes, Milk ★ Oatmeal Raisin Cookie, Grapes</p>	<p>9 Pancake, Tangerine, Milk ★ Beef Taco with Wheat Tortilla, Roasted Mexi Veggies, Milk ★ Cinnamon Teddy Grahams, <b>Raspberry</b> Yogurt</p>	<p>10 Cheesy Grits, Peaches, Milk ★ Macaroni &amp; Cheese with Lentils, Brown Rice, Green Peas, Grapes, Milk ★ Fig Bar, Mandarin Oranges</p>	<p>11 Krispy Rice Cereal, Banana, Milk ★ Chicken Fingers, Bakes Beans, Pears, Milk ★ Pita, Cucumber Coins, Feta Crumble</p>	<p>12 Zucchini Bread, Orange Wedges, Milk ★ Grilled Cheese Sandwich, Potato Puffs, Apple Slices, Milk ★ Wheat Crackers, Soy Butter</p>
<p>15 <b>No Class</b>  President's Day</p>	<p>16 Spiced Oatmeal, Banana, Milk ★ Make Your Own Burrito, <b>Blackberries</b> &amp; Melon, Milk ★ Soft Corn Tortilla, Salsa with Avocado Chunks</p>	<p>17 Kix Cereal, Pears, Milk ★ Pasta Marinara with Meatballs, Roasted Zucchini, Grapes, Milk ★ Graham Crackers, Applesauce</p>	<p>18 Corn Muffin, Hash Brown Potatoes, Milk ★ Sliced Turkey Hot Dog, Colorful <b>Cabbage</b> Coleslaw, Apple Slices, Milk ★ Chewy Granola Bar, Mixed Fruit Salad</p>	<p>19 Berry Crumble Coffee Cake, Citrus Salad, Milk ★ Cheese Tortellini with White Beans and <b>Mushroom</b> Marinara, Roasted Broccoli, Peaches, Milk ★ Animal Crackers, Melon Cubes</p>
<p>22 Toasted Oat Cereal, Fruit Cup, Milk ★ Baked Ziti, Steamed Vegetables, Diced Peaches, Milk ★ Pretzel Sticks, Melon Cubes</p>	<p>23 Spiced Oatmeal, Baked Spiced Apples, Milk ★ Chicken &amp; Cheese Quesadillas on Wheat Tortilla, Grilled Vegetables &amp; <b>Mushrooms</b>, Pineapple Chunks, Milk ★ Fish Crackers, Cucumber Coins with Ranch Dressing</p>	<p>24 Corn Tortilla, Cheesy Potatoes, Peppers &amp; Corn, Milk ★ Chicken Teriyaki with Brown Rice, Asian Vegetables, Mandarin Oranges, Milk ★ Cereal Snack Mix, Applesauce</p>	<p>25 Berry Breakfast Bar, Banana, Milk ★ Creamy Mushroom Baked Chicken, Steamed Italian Vegetable Medley, Wheat Roll, Peaches, ★ Rice Krispy Treat, Pears</p>	<p>26 Crepe, Mixed Berries, Spiced Yogurt, Milk ★ Fish Nuggets, Wild Rice, Roasted Carrots, Orange Wedges, Milk ★ Diced Peaches, Cottage Cheese</p>
<p>29 Whole Grain Cereal, Tangerine, Milk ★ Chicken Potstickers, Steamed Edamame, Asian Mandarin Cabbage Salad, Milk ★ Granola, <b>Blackberries</b> &amp; <b>Raspberries</b>, Vanilla Yogurt</p>		<p><u>Fruit of the Month:</u> <b>Blackberries &amp; Raspberries</b> </p>	<p><u>Vegetable of the Month:</u> <b>Green Cabbage &amp; Mushroom</b> </p>	<p>*Milk served at ALL breakfast and lunch meals. Whole milk (Infant/Toddlers 1-2 yrs), low-fat milk (preschool 3-5 yrs). All milk served is rBST-free.</p>

"This institution is an equal opportunity provider."

**Not all classrooms will be on service on all days of the month. Please check your sites calendar on site closure days.**