







Head Start/Early Head Start Menus for February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Breakfast: Sausage Biscuit, Apple Sauce, Milk Lunch: Pizza, Salad, Pineapple, Milk Snack: Cheese it Crackers, Grape Juice</p>	<p>4. Breakfast: Cereal, Milk, Orange Juice, Lunch: BBQ Chicken, Bake Beans, Corn, Fruit Cocktail, Bread, Milk Snack: Wow Butter and Ritz Crackers</p>	<p>5. Breakfast: French Toast Stick, Fresh Fruit Cup, Milk Lunch: Tater Tot Casserole, Green Beans, Pears, Rolls, milk Snack: Banana Parfait, w/blueberry topping</p>	<p>6. Breakfast: Pancakes w/ strawberry banana topping, milk Lunch: Chicken & Rice, Broccoli, Oranges , milk Snack: Muffin, Milk</p>	<p>7.. Breakfast: English Muffin, Eggs Patty, Apple Sauce, Milk Lunch: Hamburger, Lettuce & Tomato, Fries, Milk Snack: Fruit Smoothie & Ritz Crackers</p>
<p>10. Breakfast: : Grits, Oranges, Milk Lunch: Chicken Ravioli, Carrots Honeydew Melon, Milk Snack: Multi-Grain Treats, Milk</p>	<p>11. Breakfast: Cereal, Milk, Banana Lunch: Chop Beef Sandwich, Bake Beans, Fruit Cocktail, Milk Snack: Cheese & Ritz Crackers</p>	<p>12. Breakfast: Egg Omelet, Kiwi & Cantaloupe, Milk Lunch: Meat Loaf, Broccoli & Cauliflower, Pears, Rolls, Milk Snack: Muffins, Milk</p>	<p>13. Breakfast: Oatmeal, Peaches, Milk Lunch: Fish Sticks, Fries, Fruit Cocktail, Bread Milk Snack: Yogurt, Apple Slices</p>	<p>14. Breakfast: Sausage Biscuit, Oranges, Milk Lunch: Nachos, Salad, Cantaloupe milk Snack: Gold Fish, Grape Juice</p> 
			<p>20. Breakfast: Sausage & English Muffin, Apple Sauce, Milk Lunch: Spaghetti & Meat Balls, Green Beans, Pineapple, Milk Snack: Trail Mix, Grape Juice</p>	<p>21. . Breakfast: Corn Flakes, Orange Juice, Milk Lunch: Pull Pork Sandwich, Bake Potato Casserole, Mandarin Oranges, Milk Snack: Fruit Smoothie, Ritz Crackers</p>
<p>24. Breakfast: Egg Omelet, Oranges, Milk Lunch: Fajita Beef, Stir Fry Vegetables, Pears, Stir fry Noodles, Milk Snack: Multi Grain Treat, Milk</p>	<p>25. . Breakfast: Cereal, Grape Juice, Milk Lunch: Chicken Nuggets, Sweet Peas, Mash Potatoes, Roll, Milk Snack: Apple Slice & Yogurt</p>	<p>26. Breakfast: Toast, Scramble Eggs, Mandarin Oranges, Milk Lunch: Ham, Sweet potato Casserole, Greens, Corn Bread, Milk Snack: Blueberry Muffin, Milk</p>	<p>27. Breakfast: Oatmeal, Peaches, Milk Lunch: Fish Stick , Tater Tots, Cucumber & Tomato, Bread, Milk Snack: Cheese-it Crackers, Juice</p>	<p>28. . Breakfast: Cereal, Banana, Milk Lunch: Turkey Sandwich, Lettuce & Tomato, Apple Sauce, Milk Snack: Trail Mix, Juice</p>
	 <p>Good nutrition is an important part of leading a healthy lifestyle. Combined with physical</p>	<p>activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health. The Impact of Nutrition on Your Health</p>	<p>Heart disease is the leading cause of death for both American men and women. African American men are especially susceptible. So it's good news that February is National Heart Month,.</p>	<p>since it inspires us to examine one of the most pressing health concerns in the United States and to make positive changes to our lifestyles</p>

Early Head Start infants who are not yet eating table food are provide with formula, breast milk, infant cereal and baby food as instructed by parents and/or pediatrician.
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