

Lewis County Head Start/Early Head Start
 Beaver Falls Class Lowville Class I Lowville Class II Lyons Falls Class (HS & EHS) BOCES Class

FEBRUARY 2024

	Monday		Tuesday		Wednesday		Thursday	1	Friday	2
Feb 1-2										
Breakfast							1% Lowfat or Whole Milk Strawberries (Vit C) Pancakes		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Cheerios (WGR)	
Lunch							1% Lowfat or Whole Milk Chicken Noodle Casserole Green Peas (Vit C) Orange Slices (Vit C) Noodles (WGR)		1% Lowfat or Whole Milk Baked Fish Steamed Broccoli (Vit A & C) Mixed Fruit Couscous	
Snack							1% Lowfat or Whole Milk Peanut Butter & Banana Pizza		Cottage Cheese Pears Water	
Feb 5-9										
	Monday	5	Tuesday	6	Wednesday	7	Thursday	8	Friday	9
Breakfast	1% Lowfat or Whole Milk Mixed Fruit Pancakes		1% Lowfat or Whole Milk Fresh Strawberries (Vit C) Oatmeal (WGR)		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Chex Cereal (WGR)		1% Lowfat or Whole Milk HM Applesauce Cornbread		1% Lowfat or Whole Milk Bananas Scrambled Eggs (Vit A) W/W Toast	
Lunch	1% Lowfat or Whole Milk Baked Ziti w/ lowfat mozz. ricotta cheese Corn Bananas Bread Sticks		1% Lowfat or Whole Milk Egg Salad (Vit A) Cucumber slices w/ dip Grape Halves Tortilla or Bread		1% Lowfat or Whole Milk Canadian Bacon Fresh Home Fries (Vit C) Peaches French Toast Sticks		1% Lowfat or Whole Milk Teriyaki Meatballs* Mashed Potatoes (Vit C) Pears W/W Bread (WGR)		1% Lowfat or Whole Milk Barbequed Chicken Green Beans Cantaloupe (Vit A & C) Brown Rice (WGR)	
Snack	100% Juice Grilled Cheese (Vit C) (WGR)		Orange Slices (Vit C) Yogurt Water		Snack Cracker Raisins Water		1% Lowfat or Whole Milk Graham Crackers		Plums (Vit C) Crackers Water	

Water is made available throughout the day.

Whole milk is required for children up to 2 years of age. All milk served is unflavored.

Vitamin C and A foods served at Head Start only partially fulfill the daily requirements of these vitamins.

Vitamin B complex comes from whole grains. At least one Whole Grain Rich **(WGR)** food will be served daily.

Menus are reviewed and approved by the program's Nutrition Consultant once every 24 months.

Menus are subject to change without notice.

Meals served at Head Start are free to all enrolled children regardless of color, race, national origin, sex, age or disabling condition.

This institution is an equal opportunity provider.

(Menus 3 & 4)

FEBRUARY 2024

	Monday	12	Tuesday	13	Wednesday	14	Thursday	15	Friday	16	
Feb 12-16											
Breakfast			1% Lowfat or Whole Milk Bananas W/W Toast (WGR)		1% Lowfat or Whole Milk Peaches Kix Cereal		1% Lowfat or Whole Milk Mandarin Oranges (Vit C) Scrambled Eggs (Vit A)		1% Lowfat or Whole Milk Strawberries (Vit C) Cream of Wheat		
Lunch		NO HEAD START	1% Lowfat or Whole Milk Chili w/ ground beef Beans (kidney, black, pinto) Orange Slices (Vit C) Corn Muffin		1% Lowfat or Whole Milk HM Parmesan Fish Sticks Mashed Potatoes (Vit C) Cantaloupe (Vit A and C) W/W Bread (WGR)		1% Lowfat or Whole Milk Chicken & Cheese Quesadilla Sweet Pepper Strips (Vit A) w/ dip Apple Slices Tortilla (WGR)		1% Lowfat or Whole Milk Scrambled Eggs (Vit A) Home Fries (Vit C) Bananas W/W Toast (WGR)		
Snack			1% Lowfat or Whole Milk Graham Crackers		Cheese Stick (Vit A) Raisins Water		1% Lowfat or Whole Milk Oatmeal Banana Muffin		Yogurt Blueberries Water		
Feb 19-23											
Breakfast		Monday	19	Tuesday	20	Wednesday	21	Thursday	22	Friday	23
Lunch		MID-WINTER BREAK									
		NO HEAD START									
Snack											

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FEBRUARY 2024

Feb 26-29	Monday	26	Tuesday	27	Wednesday	28	Thursday	29	Friday
Breakfast			1% Lowfat or Whole Milk Fresh Blueberries Waffles		1% Lowfat or Whole Milk Peaches Veggie Quiche (Vit A)		1% Lowfat or Whole Milk Pears Cinnamon Raisin Toast w/ butter		
Lunch	NO HEAD START		1% Lowfat or Whole Milk Beef or Chicken Tacos Lettuce & Tomatoes Mixed Fruit Tortilla (WGR)		1% Lowfat or Whole Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich (WGR)		1% Lowfat or Whole Milk Beef or Chicken Stir Fry Asparagus (Vit C) Mangos (Vit C) Brown Rice (WGR)		
Snack			Apple Slices Peanut Butter Water		100% Orange Juice (Vit C) Pretzels		1% Lowfat or Whole Milk Graham Crackers		

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