

SETA HEAD START MENU February 2024

"This institution is an equal opportunity provider"

"Grains/Bread products are whole grain, sliced meats are processed, under 2yrs receive whole milk and 2 and over receive 1% reduced fat milk"

Monday

Tuesday

Wednesday

Thursday

Friday

5	<u>Breakfast Week 4</u>
Milk, Low Fat 1%	
Apple, fresh	
Rice Chex Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
Beef, Hamburger	
Corn	
Oranges, fresh	
Whole Wheat Bun	
<u>Snack</u>	
Crackers,Dick & Jane	
Peaches	

6	<u>Breakfast Week 4</u>
Milk, Low Fat 1%	
Pineapple, tidbits	
Whole Wheat Bagel	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Coleslaw Salad	
Tortilla, Whole Wheat	
Turkey & Cheese Roll Up	
<u>Snack</u>	
Milk, Low Fat 1%	
Cinnamon Chex Cereal	

7	<u>Breakfast Week 4</u>
Milk, Low Fat 1%	
Oatmeal Cereal	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Cheese Enchilada with Sauce	
Romaine Lettuce Salad	
Oranges, fresh	
<u>Snack</u>	
Carrot, fresh	
Crackers, Wheat Thins	
Hummus	

8	<u>Breakfast Week 4</u>
Milk, Low Fat 1%	
Apricots	
French Toast Sticks	
<u>Lunch</u>	
Milk, Low Fat 1%	
Beans Refried	
Cheddar Cheese	
Mangoes	
Tomato, diced	
Tortilla, Whole Wheat	
<u>Snack</u>	
Craisins - Dried Cranberries	
Cheese Sticks	

9	<u>Breakfast Week 4</u>
Milk, Low Fat 1%	
Apple, fresh	
Muffin, Blueberry	
<u>Lunch</u>	
Milk, Low Fat 1%	
Cantaloupe, fresh	
Carrot, fresh	
Crackers, Ritz Whole Wheat	
Tuna Salad	
<u>Snack</u>	
Milk, Low Fat 1%	
Crackers,Remy's Graham	

12	<u>Breakfast Week 5</u>
Milk, Low Fat 1%	
Pancakes	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Chicken Patty	
Coleslaw Salad	
Whole Wheat Bun	
<u>Snack</u>	
Cheese Sticks	
Pineapple, tidbits	

13	<u>Breakfast Week 5</u>
Milk, Low Fat 1%	
Apple, fresh	
Cinnamon Chex Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
Whole Wheat Bread	
Carrot, fresh	
Mangoes	
Turkey Sliced	
<u>Snack</u>	
Milk, Low Fat 1%	
Kix	

14	<u>Breakfast Week 5</u>
Milk, Low Fat 1%	
Whole Wheat Biscuit	
Peaches	
<u>Lunch</u>	
Milk, Low Fat 1%	
Beef, Salisbury Steak & Gravy	
Mashed Potatoes	
Whole Grain Buns	
Strawberries, fresh or	
Tangerine, fresh or	
<u>Snack</u>	
Crackers,Dick & Jane	
Juice 100%	

15	<u>Breakfast Week 5</u>
Milk, Low Fat 1%	
Oatmeal Cereal	
Pineapple, tidbits	
Raisins	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
Romaine Lettuce Salad	
Spaghetti Casserole (turkey)	
<u>Snack</u>	
Milk, Low Fat 1%	
Strawberry Chex	

16	<u>Breakfast Week 5</u>
Milk, Low Fat 1%	
Muffin, Banana	
Oranges, fresh	
<u>Lunch</u>	
Milk, Low Fat 1%	
Banana, fresh	
Broccoli, fresh	
Chicken Salad	
Crackers, Wheat Thins	
<u>Snack</u>	
Milk, Low Fat 1%	
Rice Chex Cereal	

19	<u>Breakfast Week 1</u>
NO CLASSES	
NO CLASSES	
NO CLASSES	
<u>Lunch</u>	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
NO CLASSES	
<u>Snack</u>	
NO CLASSES	
NO CLASSES	

20	<u>Breakfast Week 1</u>
Milk, Low Fat 1%	
Apricots	
Raisin Bran Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
American Cheese	
Apple, fresh	
Whole Wheat Bread	
Celery Sticks	
Watermelon, fresh or	
<u>Snack</u>	
Milk, Low Fat 1%	
Strawberry Chex	

21	<u>Breakfast Week 1</u>
Milk, Low Fat 1%	
Whole Wheat Biscuit	
Peaches	
<u>Lunch</u>	
Milk, Low Fat 1%	
Burrito	
Cheddar Cheese	
Romaine Lettuce	
Refried Beans	
Strawberries, fresh or	
Tangerine, fresh or	
Tomato, diced	
Tortilla, Whole Wheat	
<u>Snack</u>	
Craisins - Dried Cranberries	
Cheese Sticks	

22	<u>Breakfast Week 1</u>
Milk, Low Fat 1%	
Pineapple, tidbits	
Whole Wheat Bagel	
<u>Lunch</u>	
Milk, Low Fat 1%	
Oranges, Mandarin	
Spanish Rice & Chicken	
Zucchini sticks	
<u>Snack</u>	
Apple, fresh	
Sun Butter	

23	<u>Breakfast Week 1</u>
Milk, Low Fat 1%	
Banana, fresh	
Muffin, Blueberry	
<u>Lunch</u>	
Milk, Low Fat 1%	
Whole Wheat Bread	
Cantaloupe, fresh	
Cauliflower, fresh	
Tuna Salad	
<u>Snack</u>	
Milk, Low Fat 1%	
Cinnamon Chex Cereal	

26	<u>Breakfast Week 2</u>
Milk, Low Fat 1%	
Applesauce	
Kix	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apricots	
BBQ Beef Burger	
Mixed Vegetables	
Whole Wheat Bun	
<u>Snack</u>	
Cheese Sticks	
Oranges, fresh	

27	<u>Breakfast Week 2</u>
Milk, Low Fat 1%	
French Toast Sticks	
Pears	
<u>Lunch</u>	
Milk, Low Fat 1%	
Apple, fresh	
Carrot, fresh	
Chicken Drumsticks	
Whole Grain Buns	
Watermelon, fresh or	
<u>Snack</u>	
Milk, Low Fat 1%	
Rice Chex Cereal	

28	<u>Breakfast Week 2</u>
Milk, Low Fat 1%	
Oatmeal Cereal	
Pineapple, tidbits	
Raisins	
<u>Lunch</u>	
Milk, Low Fat 1%	
Chicken Teriyaki	
Rice, Brown	
Strawberries, fresh or	
Sunomono Salad	
Tangerine, fresh or	
<u>Snack</u>	
Muffin, Blueberry	
Peaches	

29	<u>Breakfast Week 2</u>
Milk, Low Fat 1%	
Banana, fresh	
Crispix Cereal	
<u>Lunch</u>	
Milk, Low Fat 1%	
BBQ Beef Brisket	
Oranges, fresh	
Tomato, fresh	
Whole Grain Mini Hoagie Roll	
<u>Snack</u>	
Milk, Low Fat 1%	
Crackers,Dick & Jane	