

SETA HEAD START MENU

February 2020

"This institution is an equal opportunity provider"

"Bread products are whole grain and sliced meats are processed."

Monday

3	Breakfast Week 3
	Milk, Low Fat 1% Cheerios Cereal Oranges, fresh
	Lunch
	Milk, Low Fat 1% Apple, fresh Green Peas Macaroni & Cheese Watermelon, fresh or
	Snack
	Crackers, Ritz Whole Wheat Pears

Tuesday

4	Breakfast Week 3
	Milk, Low Fat 1% Applesauce Waffles, sticks
	Lunch
	Milk, Low Fat 1% Chicken Drumsticks Spinach Salad Oranges, fresh Wheat Breadsticks
	Snack
	Apple, fresh Sun Butter

Wednesday

5	Breakfast Week 3
	Milk, Low Fat 1% Whole Wheat Biscuit Peaches
	Lunch
	Milk, Low Fat 1% Cantaloupe, fresh Fiesta Rice & Beans Tomato, diced
	Snack
	Milk, Low Fat 1% Strawberry Chex

Thursday

6	Breakfast Week 3
	Milk, Low Fat 1% Banana, fresh Whole Wheat Bagel
	Lunch
	Milk, Low Fat 1% Carrot, fresh Chicken Salad Strawberries, fresh or Tangerine, fresh or Wheat Ciabatta Bread
	Snack
	Crackers, Dick & Jane Pineapple, tidbits

Friday

7	Breakfast Week 3
	Milk, Low Fat 1% Muffin, Banana Oranges, fresh
	Lunch
	Milk, Low Fat 1% Apricots Swiss American Cheese Tortilla, Whole Wheat Zucchini sticks
	Snack
	Milk, Low Fat 1% Cheerios, Whole Grain Cereal

10	Breakfast Week 4
	Milk, Low Fat 1% Apple, fresh Brown Rice Krispies Cereal
	Lunch
	Milk, Low Fat 1% Beef, Hamburger Corn Oranges, fresh Whole Wheat Bun
	Snack
	Crackers, Dick & Jane Peaches

11	Breakfast Week 4
	Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel
	Lunch
	Milk, Low Fat 1% Apricots Coleslaw Salad Tortilla, Whole Wheat Turkey & Cheese Roll Up
	Snack
	Milk, Low Fat 1% Cheerios, Whole Grain Cereal

12	Breakfast Week 4
	Milk, Low Fat 1% Banana, fresh Oatmeal Cereal
	Lunch
	Milk, Low Fat 1% Cheese Enchilada with Sauce Romaine Lettuce Salad Oranges, fresh
	Snack
	Carrot, fresh Crackers, Wheat Thins Hummus

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

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

17	Breakfast Week 5
	NO CLASSES NO CLASSES NO CLASSES
	Lunch
	NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES
	Snack
	NO CLASSES NO CLASSES

18	Breakfast Week 5
	Milk, Low Fat 1% Apple, fresh Cheerios, Whole Grain Cereal
	Lunch
	Milk, Low Fat 1% Whole Wheat Bread Cantaloupe, fresh Carrot, fresh Turkey Sliced
	Snack
	Milk, Low Fat 1% Multi Grain Flakes Cereal

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

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

21	Breakfast Week 5
	Milk, Low Fat 1% Muffin, Banana Oranges, fresh
	Lunch
	Milk, Low Fat 1% Banana, fresh Broccoli, fresh Chicken Salad Crackers, Wheat Thins
	Snack
	Milk, Low Fat 1% Brown Rice Krispies Cereal

24	Breakfast Week 1
	Milk, Low Fat 1% Pancakes Pears
	Lunch
	Milk, Low Fat 1% Carrot, fresh Lemon Pepper Chicken Oranges, fresh Tortilla, Whole Wheat
	Snack
	Applesauce Crackers, Remy's Graham

25	Breakfast Week 1
	Milk, Low Fat 1% Apricots Cheerios, Whole Grain Cereal
	Lunch
	Milk, Low Fat 1% American Cheese Apple, fresh Whole Wheat Bread Broccoli, fresh Watermelon, fresh or
	Snack
	Milk, Low Fat 1% Strawberry Chex

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

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

28	Breakfast Week 1
	Milk, Low Fat 1% Banana, fresh Muffin, Blueberry
	Lunch
	Milk, Low Fat 1% Whole Wheat Bread Cantaloupe, fresh Cauliflower, fresh Tuna Salad
	Snack
	Milk, Low Fat 1% Brown Rice Krispies Cereal