

February 2020

Adams County Head Start / Nutrition Department Menu

*Our Centers Participate in a USDA Funded Program and is an Equal Opportunity Provider and Employer.

Mon	Tue	Wed	Thu	Fri
<p>3 Whole Grain Cinnamon Chex Cereal, Pineapple Tibits & 1% White Milk</p> <p>Homemade Whole Grain Cheese Enchiladas, Refried Beans, Fresh Sliced Green Grapes & 1% White Milk</p> <p>Whole Grain Graham Crackers with Mandarin Oranges & Water</p>	<p>4 Whole Grain Pancakes, Syrup Cups, Mixed Berries & 1% White Milk</p> <p>Arroz Con Pollo (Chicken with Brown Rice & Vegetables) Sliced Pears & 1% White Milk</p> <p>Fruit Quesadilla & Water (Apple Slices, Raisins, Wow Butter served on a 6" Whole Grain Tortilla)</p>	<p>5 Homemade Egg Hashbrown Bake, Fruit Cocktail Mixed Fruit & 1% White Milk</p> <p>Whole Grain Breaded Chicken Patty Sandwich served on a Whole Grain Hamburger Bun, Corn on the Cob, Fresh Citrus Fruit Salad & 1% White Milk</p> <p>Fresh Snap Peas, Baby Carrots & Broccoli, Homemade Fresh Veggie Dip, Whole Grain Cheddar Chex Mix & Water</p>	<p>6 Homemade Whole Grain Granola, Non-Fat Vanilla Greek Yogurt, Sliced Peaches & 1% White Milk</p> <p>Homemade Chicken Quesadilla on a Whole Grain Tortilla, Fresh Garden Salad, Low Fat Ranch Dressing, Fresh Orange Wedges & 1% White Milk</p> <p>Whole Wheat White Bagels with Strawberry Cream Cheese, Fresh Diced Cantaloupe & Water</p>	<p>7 Whole Grain Cheerios Cereal Mandarin Oranges & Pineapple Tibits Mixed Fruit & 1% White Milk</p> <p>Whole Grain Rolled Edge Cheese Pizza, Fresh Baby Carrots & Snap Peas, Low Fat Ranch Dressing, Fruit Cocktail & 1% White Milk</p> <p>Fresh Granny Smith Apple Wedges with Cheddar Cheese Squares & Water</p>
<p>10 Whole Grain Multi-Grain Cheerios Cereal, Sliced Peaches & Pineapple Tibits Mixed Fruit & 1% White Milk</p> <p>Homemade Whole Grain Macaroni & Cheese, California Blend Vegetables, Fresh Strawberries & Bananas. & 1% White Milk</p> <p>Enriched Blueberry Muffin with Cinnamon Applesauce & Water</p>	<p>11 Whole Grain French Toast Sticks, Syrup Cups, Diced Mangos & 1% White Milk</p> <p>Homemade White Chicken Chili, with Whole Grain 6" Tortilla, Fresh Kiwi & Orange Wedges & 1% White Milk</p> <p>Fresh Cucumber Slices with Tomato Wedges, Homemade Fresh Veggie Dip, Enriched Ritz Crackers & Water</p>	<p>12 Scrambled Eggs with Diced Turkey, Sliced Whole Grain Bread, Fruit Cocktail & 1% White Milk</p> <p>Homemade Ground Beef Lasagna, Whole Grain Bread Sticks, Fresh Garden Salad, Low Fat Ranch Dressing, Fresh Granny Smith Apple Wedges & 1% White Milk</p> <p>Whole Grain Goldfish Pretzels served with Mozzarella Cheese Sticks & Water</p>	<p>13 Homemade Whole Grain Banana Bread, Sliced Peaches & 1% White Milk</p> <p>Homemade Grilled Turkey & Cheese Sandwich on Whole Grain Sliced Bread, Fresh Baby Carrots, Low Fat Ranch Dressing, Fresh Sliced Red Grapes & 1% White Milk</p> <p>Homemade Whole Grain Trail Mix, Non-Fat Vanilla Greek Yogurt Mixed with Mandarin Oranges & Water</p>	<p>14</p> <p>ALL- STAFF MEETING</p> <p>1/2 Day</p>
<p>17</p> <p>HOLIDAY</p>	<p>18 Whole Grain Kix Cereal, Sliced Peaches & Pears Mixed Fruit & 1% White Milk</p> <p>Whole Grain Cheesy Stuffed Breadsticks with Marinara Sauce, Fresh Steamed Broccoli, Mandarin Oranges & 1% White Milk</p> <p>Whole Grain Graham Crackers with Fresh Made Apple Salad & Water</p>	<p>19 Whole Grain Pancakes, Syrup Cups, Mixed Berries & 1% White Milk</p> <p>Chicken Tacos, Whole Grain 6" Tortillas, Shredded Lettuce, Corn, Fancy Jack Shredded Cheese, Fresh Homemade Salsa, Fresh Strawberries & 1% White Milk</p> <p>Homemade Whole Grain Oatmeal Muffin Squares, Fruit Cocktail & Water</p>	<p>20 Colby Cheese Omelets, Homemade Fresh Salsa, Mandarin Oranges & Pineapple Tibits Mixed Fruit & 1% White Milk</p> <p>Whole Grain Rolled Edge Cheese Pizza, Fresh Garden Salad, Low Fat Ranch Dressing, Fresh Granny Smith Apple Wedges & 1% White Milk</p> <p>Refried Bean Dip with Whole Grain Tortilla Chips & Water</p>	<p>21 Whole Grain French Toast Sticks, Syrup Cups, Cinnamon Applesauce & 1% White Milk</p> <p>Homemade White Chicken Chili, with Whole Grain 6" Tortilla, Fresh Orange Wedges & 1% White Milk</p> <p>Whole Grain Goldfish Pretzels served with Mandarin Oranges & Water</p>
<p>24 Whole Grain Cherrios Cereal, with Sliced Peaches, & 1% White Milk</p> <p>Homemade Bean & Cheese Burrito on a Whole Grain Tortilla, Mexicali Corn, Fresh Homemade Salsa, Fresh Kiwi & Pineapple Wedges, with 1% White Milk</p> <p>Hard Boiled Eggs with Whole Grain Cheddar Goldfish Crackers & Water</p>	<p>25 Whole Grain Waffles, Syrup Cups, with Diced Mangos & 1% White Milk</p> <p>Homemade Harvest Chicken Casserole, Crinkle Cut Carrots, Fresh Granny Smith Apple Wedges & 1% White Milk</p> <p>Ant's on a Logs & Water (Fresh Celery Sticks, Wow Butter, Raisins)</p>	<p>26 Scrambled Eggs Sunshine Tacos, with Whole Grain 6" Tortilla, Shredded Fancy Jack Cheese, Fresh Homemade Salsa Fruit Cocktail Mixed Fruit & 1% White Milk</p> <p>Homemade Whole Grain Spaghetti with Ground Beef Meat Sauce, Fresh Garden Salad, Low Fat Ranch Dressing, Fresh Sliced Red Grapes & 1% White Milk</p> <p>Homemade Whole Grain Granola, Non-Fat Vanilla Greek Yogurt, Sliced Peaches & Water</p>	<p>27 Homemade Whole Grain Oatmeal Muffin Squares, Sliced Pears & 1% White Milk</p> <p>Hamburgers on a Whole Wheat Hamburger Bun, BBQ Baked Beans, Ketchup & Mustard, Fresh Lettuce & Tomato Condiments, Fresh Orange Wedges & 1% White Milk</p> <p>Turkey & Cheese Roll-ups on a Whole Grain 6" Tortilla, with Carrots Sticks and Low Fat Ranch Dressing & Water</p>	<p>28</p> <p>NO Classes</p>