

Head Start – Lunch Menu – February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Pork Rib-B-Q 1 ea w/ Gravy 1 oz. WW Dinner Roll 1 ea. Corn ¼ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.	3. WG Cheese Lasagna 4.3 oz. ea. Hi C Salad ½ c. Diced Pears ½ c. 1% White Milk 6 oz.	4. Turkey Ham 6 sl. & Chz 1 sl. on WW Brd 1 sl. Baby Carrots 2.6 oz pkt Apricots ½ c. 1% White Milk 6 oz.	5. Build Your Own Chicken Wrap WG 6" Flour Tortilla 1 ea. Chick. Breast Strips 3 oz. Shred. Cheese ½ oz. Shredded Lettuce ¼ c Cucumber Coins ¼ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.	6. Bk Chicken Drum. 1 ea WG Bread 1 sl. Calif. Mix Veg. ¼ c. Mandarin Oranges 1/2c 1% White Milk 6 oz.
9. Holiday	10. WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Cali. Mix Veg. ¼ c. Orange, Fresh 1 ea. 1% White Milk 6 oz.	11. Hamburger on Bun WG Hamburger Bun 1 ea. Beef Patty 1 ea. Cheese 1 sl. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.	12. Chicken Meatballs 3 ea. w/ gravy 1 oz. WW Dinner Roll 1 ea. Cucumber Coins ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	13. Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Jicama Sticks ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.
16. Holiday	17. BBQ Pork Rib-B-Q Sand. On Whole Wheat Bun 1 ea. Baby Carrots 2.6 oz pkt Cantaloupe Chunks ½ c. 1% White Milk 6 oz.	18. Beef Mtloaf w/grv 1 ea. WW Dinner Roll 1 ea. Hi C Salad ½ c. Apricots ½ c. 1% White Milk 6 oz.	19. WG Brd. Chicken Strips 3 ea. WG Bread 1 sl. Jicama Sticks ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.	20. Turkey Ham 6 sl & Chz 1 sl on WW Brd 1 sl. Cucumber Coins ¼ c. Apple, Fresh 1 ea. 1% White Milk 6 oz.
23. Beef Patty 1 ea. w/gravy 1 oz. WW Dinner Roll 1 ea. Baby Carrots 2.6 oz pkt Orange, Fresh 1 ea. 1% White Milk 6 oz.	24. WG Cheese Lasagna 4.3 oz. ea. Corn ¼ c. Tropical Fruit ½ c. 1% White Milk 6 oz.	25. WG Brd. Chicken Patty 1 ea. on Whole Wheat Bun 1 ea. Jicama Sticks ¼ c. Apricots ½ c. 1% White Milk 6 oz.	26. Beef Salisbury Steak 1 ea with gravy 1 oz WW Dinner Roll 1 ea. Hi C Salad ½ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	27. Turkey breast 6 sl. w/ chz on WW Brd 1 sl. Cucumber Coins ¼ c. Mandarin Oranges ½ c. 1% White Milk 6 oz.

USDA is an equal opportunity provider, employer, and lender.

***No Refried Bean, Burritos, Italian Veg., Peas & Green Beans at all

Head Start - PM SNACK MENU - FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Cheese Toast ½ sl. 1% White Milk	3. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.	4 Rice Cake .5 oz. or 1-1/2 ea. Diced Peaches ½ c. Water	5. <u>Quesadillas ½ ea.</u> 1% White Milk ½ c.	6. Hi Ho Crackers .5 oz. or 4 ea. Turkey Ham .5 oz Water
9. Holiday	10. Chex Cereal ¾ c. 1% White Milk ½ c.	11. Graham Crackers .5 oz or 1 ea. 1% White Milk ½ c.	12. Mini Bagel .5 oz. Cream Cheese .5 oz Orange wedges ½ c. Water	13. Cheez Its .5 oz or 10 ea. Fresh Strawberries ½ c. Water
16. Holiday	17. Chex Cereal 1 oz. or ½ c. 1% White Milk ½ c.	18. Hi Ho Crackers .5 oz. or 4 ea. Apple Wedges ½ c. Water	19. Cooking Exper. Pg. 41 Creative Toast 1 sl. Apples/ Banana ½ c. Raisins (garnish only) 1% White Milk 6oz	20. Graham Crackers .5 oz. or 4 ea. Kiwi Slices ½ c. Water
23. Ritz Crackers ½ ea. Turkey Ham .5 oz. 1% White Milk ½ c.	24. Kix Cereal 1 oz. or ½ c. 1% White Milk ½ c.	25. Graham Crackers .5 oz. or 1 ea. Orange Wedges ½ c. Water	26. Quesadillas ½ ea. 1% White Milk ½ c.	27. Cheez Its .5 oz or 10 ea. 1% White Milk ½ c

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