

February 2019 Menu  
 Head Start  
 Gladstone Center for Children and Families



Monday	Tuesday	Wednesday	Thursday	Friday
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4 Breakfast/Snack, Waffle, peaches, milk Lunch Tomato Soup, Toasted Cheese Sandwich(HM), apple, carrots, milk	5 Breakfast/Snack Bagel, cream cheese, mix fruit, milk Lunch Bean Burrito(CN), corn, strawberries, milk	6 Breakfast/Snack Fruit Muffin(HM) pears, milk Lunch Chicken Nuggets(CN), cucumbers, mix fruit, milk	7 Breakfast/Snack Cereal, applesauce, milk Lunch WG Cheese Stick, marinara Sauce, peaches, milk	8
11 Breakfast/Snack French Toast, peaches, milk Lunch Hamburger(CN), pears, carrots, milk	12 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Chicken Taco Salad(HM) Lettuce, oranges, milk	13 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Fish Sticks, peas, pears, milk	14 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green beans, peaches, milk	15
18 <b>No School</b>	19 Breakfast/Snack Bagel, cream cheese, peaches, milk Lunch Chicken Nacho(HM), refried beans, pears, milk	20 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Chicken Sandwich(CN), peas, Strawberries, milk	21 Breakfast/Snack Cereal, applesauce, milk Lunch Bake Beef Spaghetti , green salad, peaches, milk	22
25 Breakfast/Snack Waffle , peaches, milk Lunch Tuna Sandwich, Pears, Cucumbers, milk	26 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Beef Taco (HM) Lettuce, blueberries, milk	27 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Pancake, egg patty, applesauce, hash brown, milk	28 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green salad, banana, milk	March 1.

Menu is subject to change

All grain items are Whole Grain Enriched unless otherwise noted

EW=Enriched Wheat

All milk is 1% unflavored milk

HM= House Made meal

Cereal can be one of the following General Mills Cheerios or Rice Chex

All breads are from Franz

or Kellogg's Rice Krispies

This institution is an equal opportunity provider.