

February 2019 Menu
 Head Start Vegetarian
 Gladstone Center for Children and Families



Monday	Tuesday	Wednesday	Thursday	Friday
				1
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 Cheese sandwich(HM), 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 Vegan burger, pears, carrots, milk	12 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Black Bean Taco Salad(HM) Lettuce, oranges, milk	13 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Cheese Sandwich, peas, pears, milk	14 Breakfast/Snack Cereal, applesauce, milk Lunch Cheese Pizza(CN) , green beans, peaches, milk	15
18 No School	19 Breakfast/Snack Bagel, cream cheese, peaches, milk Lunch Cheese Nacho(HM), refried beans, pears, milk	20 Breakfast/Snack Fruit Muffin(HM), mix fruit, milk Lunch Cheese Sandwich, peas, Strawberries, milk	21 Breakfast/Snack Cereal, applesauce, milk Lunch Bake Spaghetti with a cheese stick, green salad, peaches, milk	22
25 Breakfast/Snack Waffle , peaches, milk Lunch Cheese Sandwich, Pears, Cucumbers, milk	26 Breakfast/Snack Yami Plain Yogurt, strawberries, granola, milk Lunch Black Bean 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

EW=Enriched Wheat

HM= House Made meal

All breads are from Franz

All grain items are Whole Grain Enriched unless otherwise noted

All milk is 1% unflavored milk

Cereal can be one of the following General Mills Cheerios or Rice Chex
 or Kellogg's Rice Krispies

This institution is an equal opportunity provider.