

February 2024

~All milk served is unflavored 1%~

Adams County Head Start Menu

Mon	Tue	Wed	Thu	Fri
			1 WG Waffle• w/Syrup, Blueberries & 1% Milk Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Peaches & 1% Milk Banana, WG Tortilla & Sun butter	2 WG Kix, Mangoes & 1% Milk Sliced Turkey, American Cheese/WG Bread Stick, Baby Carrots w/Ranch Dressing•, Sliced Pears & 1% Milk WG Pretzel Goldfish & Mandarin Oranges
5 WG Chex, Roasted Apple Slices & 1% Milk Cheese Enchiladas w/WG Tortilla, Warm Black Bean & Corn Salad, Tortilla Chips, Mangoes & 1% Milk Hardboiled Egg• & Orange Wedges	6 WG Blueberry Bagel, Strawberry Cream Cheese, Fresh Cuties (orange) & 1% Milk Grilled Cheese w/WG Bread, Tomato Soup, Romaine Salad w/Ranch Dressing•, Fresh Pineapple & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter	7 WG Oatmeal Muffin Bread•, Strawberries & 1% Milk Chicken Fried WG Rice, Broccoli Slaw w/Asian Sesame Dressing, Mandarin Oranges & 1% Milk Baby Carrots & Cucumbers w/Ranch Dressing• & WG Wheat Thins	8 WG Pancake• w/Syrup, Blueberries & 1% Milk WG Spaghetti & Meat (Beef) Sauce, Sauteed Summer Squash, Fresh Kiwi & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola	9 <p style="text-align: center; color: purple; font-weight: bold;">NO SCHOOL</p>
12 WG Cheerios, Peaches & 1% Milk Bean & Cheese Burrito w/WG Tortilla, Mexicali Corn, Salsa, Fresh Kiwi & 1% Milk Cheddar Slices & Orange Wedges	13 WG Tortilla, Scrambled Eggs•, American Cheese, Salsa, Hash Browns & 1% Milk Chicken Soup w/WG Noodles•, Spinach Salad, Ranch Dressing•, Steamed Green Beans & 1% Milk Greek Vanilla Yogurt, Homemade Granola & Apple Wedges	14 WG Banana Bread•, Strawberries & 1% Milk Beef Sloppy Joes, WG Bun, Roasted Red Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Pepper Strips w/Ranch Dressing• & WG Goldfish	15 French Toast Sticks• w/Syrup, Blueberries & 1% Milk Homemade Chicken Tenders•, BBQ Baked Beans, WG Rolls, Romaine Salad w/Ranch Dressing• & 1% Milk Banana, WG Tortilla & Sun butter	16 WG Kix, Mangoes & 1% Milk Sliced Turkey, American Cheese, Ritz Crackers, Baby Carrots w/Ranch Dressing•, Pears & 1% Milk WG Cheddar Goldfish & Mandarin Oranges
19 <p style="text-align: center; color: purple; font-weight: bold;">HOLIDAY</p>	20 Biscuit•, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk Lemon Cod, WG Brown Rice, Steamed Corn, Spinach Salad w/Ranch Dressing• & 1% Milk Apple Wedges, WG Graham Crackers & Sun butter	21 WG Blueberry Bread•, Strawberries & 1% Milk Roast Turkey & Gravy/WG Cornbread•, Mashed Potatoes, Fresh Pineapple & 1% Milk Baby Carrots & Cucumbers w/Ranch Dressing• & WG Crackers	22 WG Waffles• w/Syrup, Blueberries & 1% Milk Beef Lasagna•, WG Garlic Bread, Romaine Salad w/Italian Dressing, Steamed Broccoli & 1% Milk Banana, Greek Vanilla Yogurt & Homemade Granola	23 <p style="text-align: center; color: purple; font-weight: bold;">NO SCHOOL</p>
26 <p style="text-align: center; color: purple; font-weight: bold;">NO SCHOOL (Home Visits)</p>	27 WG English Muffin, Egg Patty•, Sliced Cheese, Hash Browns & 1% Milk White Bean Chicken Chili, Ritz Crackers, Spinach Salad, Chipotle Ranch•, Fresh Pineapple & 1% Milk Yogurt, Homemade Granola, Apple Wedges	28 WG Oatmeal Muffin Bread•, Strawberries & 1% Milk Hamburgers, WG Bun, Lettuce & Tomato, Cinnamon Sweet Potatoes, Fresh Kiwi & 1% Milk Baby Carrots & Celery Sticks w/Ranch Dressing• & WG Cheez-Its	29 WG Pancake• w/Syrup, Blueberries & 1% Milk Cheese Pizza w/WG Crust, Romaine Salad w/Italian Dressing, Peaches & 1% Milk Banana, WG Tortilla & Sun butter	Foods that are GREEN Contain Dairy Foods with a RED • Contain Egg WG= whole grain foods