**February 2023 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1** | **B:** Scrambled Eggs, WW Toast, Thin Sliced Oranges  Milk  **L:** Tater Tot Casserole  WG Breadstick  Diced Pears in juice  Milk | **2** | **B:** WG English Muffins w/Peanut Butter, Sliced Apples (Canned), Milk  **L:** Cheese Enchiladas w/WG Tortillas  Diced Tomato  Grapes ½, Milk | **3** | **B:** WG Oatmeal  Strawberries  Milk  **L:** Broccoli Cheese Soup  WG Dinner Roll  Thin Sliced Apples  Milk |
| **6** | **B:** WG French Toast Sticks  Applesauce  Milk  **L:** WG Chicken Strips  Steamed Broccoli w/Ranch  Thin Sliced Oranges  Milk | **7** | **B:** Scrambled Eggs  WW Toast, Tropical Fruit  Milk  **L:** Chickpea Curry over WG Rice, Thin Cucumber, Pineapple Tidbits in juice  Milk | **8** | **B:** Blueberry WG Muffin  Diced Peaches in juice  Milk  **L:** Grilled Ham & Cheese Sandwich on WW Bread  Steamed Baby Carrots  Grapes ¼, Milk | **9** | **B:** WG Life Cereal  Banana  Milk  **L:** Beef Taco w/WG Tortilla  Lettuce, Diced Tomato Diced Pears in juice  Milk | **10** | **B:** Malt o Meal  Strawberries  Milk  **L:** BBQ Chicken Sandwich on WG Bun  Mixed Veggies (Frozen)  Mandarins in juice, Milk |
| **13** | **B:** WG Shredded Wheat Cereal, Blueberries  Milk  **L:** Tuna Salad Sandwich on WW Bread  Corn (Frozen)  Diced Peaches in juice, Milk | **14** | **B:** WG Oatmeal  Sliced Apples (Canned)  Milk  **L:** WW Grilled Cheese Sandwich/ Tomato Soup  Mandarins in juice  Milk | **15** | **B:** Egg Sandwich on WG English Muffin, Grapes ¼  Milk  **L:** Bean & Cheese Burrito on WG Tortilla, Diced Cucumber, Diced Pears in juice, Milk | **16** | **B:** WG Bagel w/Peanut Butter, Sliced Fresh Apples  Milk  **L:**  Egg Salad w/WG Saltine Crackers, Steamed Baby Carrots, Thin Sliced Oranges, Milk | **17** | **B:** WG Cheerios  Banana  Milk  **L:** WG Cheese Pizza  Peas (Frozen)  Pineapple Rings  Milk |
| **20** | **No School** | **21** | **B:**  Berry Blast Off Parfait  WG Cheerios  Milk  **L:** Mac & Cheese w/WG Pasta  Steamed Broccoli, Diced Peaches in juice, Milk | **22** | **B:** WG Pancakes  Applesauce  Milk  **L:** Chicken Noodle Soup w/WG Pasta  Carrots, Celery, Onion  Grapes ¼, Milk | **23** | **B:** WG English Muffin w/Peanut Butter, Banana  Milk  **L:** Chef Salad w/Ham, HB Egg, Cheese, WG Saltine Crackers, Pineapple Tidbits in juice, Milk | **24** | **B:**  Hard Boiled Eggs  WG Toast, Thin Sliced Oranges, Milk  **L:** WG Fish Stick Tacos  Tartar Sauce,  Cabbage, Tomato  Tropical Fruit in juice, Milk |
| **27** | **B:** WG French Toast Sticks  Blueberry Sauce  Milk  **L:** WG Chicken Patty  Broccoli (Frozen)  Diced Pears in juice  Milk | **28** | **B:** WG Cheerios  Banana  Milk  **L:** Stroganoff (Beef & WG Pasta)  Diced Cucumber w/Ranch  Diced Peaches in juice, Milk |  |  |  |  |  |  |

**\*This Organization is an Equal Opportunity Provider**

**\*1% Unflavored Milk served to children Age 2 or older \*Unflavored Whole Milk served to children Age 12 months-23 months**

**This Menu is subject to change.**

**Snack**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1** | WG Graham Crackers  Milk | **2** | WG Goldfish Crackers  Dill Pickles  Water | **3** |  |
| **6** | WG Graham Crackers  Milk | **7** | Peanut Butter Apple  Wrap  Water | **8** | Cottage Cheese  WG Goldfish Crackers  Water | **9** | WW Toast w/Cinnamon Sugar  Milk | **10** |  |
| **13** | WG Graham Crackers  Milk | **14** | WW Saltine Crackers  String Cheese  Water | **15** | WG Animal Crackers  Sliced Banana  Water | **16** | Mini P B n J Sandwich on  WW Bread ¼  Water | **17** |  |
| **20** | **No School** | **21** | WG Goldfish  Cottage Cheese  Water | **22** | WG Saltines  Dill Pickles  Water | **23** | Baby Bear Bites  Water | **24** |  |
| **27** | WG Graham Crackers  Milk | **28** | Peanut Butter Apple  Wrap  Water |  |  |  |  |  |  |

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