**February 2023 Klamath Family Early Headstart Menu**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **1** | **B:** Scrambled Eggs, WW Toast, Thin Sliced OrangesMilk**L:** Tater Tot CasseroleWG Breadstick Diced Pears in juiceMilk | **2** | **B:** WG English Muffins w/Peanut Butter, Sliced Apples (Canned), Milk**L:** Cheese Enchiladas w/WG TortillasDiced TomatoGrapes ½, Milk | **3** | **B:** WG OatmealStrawberriesMilk**L:** Broccoli Cheese SoupWG Dinner RollThin Sliced ApplesMilk |
| **6** | **B:** WG French Toast SticksApplesauceMilk**L:** WG Chicken StripsSteamed Broccoli w/RanchThin Sliced OrangesMilk | **7** | **B:** Scrambled EggsWW Toast, Tropical FruitMilk**L:** Chickpea Curry over WG Rice, Thin Cucumber, Pineapple Tidbits in juiceMilk | **8** | **B:** Blueberry WG MuffinDiced Peaches in juiceMilk**L:** Grilled Ham & Cheese Sandwich on WW BreadSteamed Baby CarrotsGrapes ¼, Milk | **9** | **B:** WG Life CerealBananaMilk**L:** Beef Taco w/WG TortillaLettuce, Diced Tomato Diced Pears in juiceMilk | **10** | **B:** Malt o MealStrawberriesMilk**L:** BBQ Chicken Sandwich on WG BunMixed Veggies (Frozen)Mandarins in juice, Milk |
| **13** | **B:** WG Shredded Wheat Cereal, BlueberriesMilk**L:** Tuna Salad Sandwich on WW BreadCorn (Frozen)Diced Peaches in juice, Milk | **14** | **B:** WG OatmealSliced Apples (Canned)Milk**L:** WW Grilled Cheese Sandwich/ Tomato SoupMandarins in juiceMilk | **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 ApplesMilk**L:**  Egg Salad w/WG Saltine Crackers, Steamed Baby Carrots, Thin Sliced Oranges, Milk | **17** | **B:** WG CheeriosBananaMilk**L:** WG Cheese Pizza Peas (Frozen)Pineapple RingsMilk |
| **20** |  **No School** | **21** | **B:**  Berry Blast Off ParfaitWG Cheerios Milk**L:** Mac & Cheese w/WG PastaSteamed Broccoli, Diced Peaches in juice, Milk | **22** | **B:** WG PancakesApplesauceMilk**L:** Chicken Noodle Soup w/WG PastaCarrots, Celery, OnionGrapes ¼, Milk | **23** | **B:** WG English Muffin w/Peanut Butter, BananaMilk**L:** Chef Salad w/Ham, HB Egg, Cheese, WG Saltine Crackers, Pineapple Tidbits in juice, Milk | **24** | **B:**  Hard Boiled EggsWG Toast, Thin Sliced Oranges, Milk**L:** WG Fish Stick TacosTartar Sauce, Cabbage, TomatoTropical Fruit in juice, Milk |
| **27** | **B:** WG French Toast SticksBlueberry SauceMilk**L:** WG Chicken PattyBroccoli (Frozen)Diced Pears in juiceMilk | **28** | **B:** WG CheeriosBananaMilk**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 CrackersMilk | **2** | WG Goldfish CrackersDill PicklesWater  | **3** |   |
| **6** | WG Graham CrackersMilk | **7** | Peanut Butter Apple WrapWater | **8** | Cottage CheeseWG Goldfish CrackersWater | **9** | WW Toast w/Cinnamon Sugar Milk  | **10** |  |
| **13** | WG Graham CrackersMilk | **14** | WW Saltine CrackersString CheeseWater | **15** | WG Animal CrackersSliced BananaWater | **16** | Mini P B n J Sandwich on WW Bread ¼ Water | **17** |  |
| **20** |  **No School** | **21** | WG Goldfish Cottage CheeseWater | **22** | WG SaltinesDill PicklesWater | **23** | Baby Bear BitesWater | **24** |  |
| **27** | WG Graham CrackersMilk | **28** | Peanut Butter Apple WrapWater |  |  |  |  |  |  |

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