

Lewis County Head Start  
 Beaver Falls, Lowville and Lyons Falls Centers  
 Serving times for each center are listed in the Parent Handbook

**FEBRUARY 2019**

1-Feb	Tuesday		Wednesday		Thursday		Friday	1
<b>Breakfast</b>							1% Lowfat Milk Fresh Blueberries Eggs (Vit A) Cinnamon Raisin Toast w/ Butter	
<b>Lunch</b>							1% Lowfat Milk Ground Beef Sauce (Vit C) Mixed Vegetables (Vit A) Peaches Ziti Noodles <b>(WGR)</b>	
<b>Snack</b>							1% Lowfat Milk Graham Crackers	
Feb5-8	Tuesday	5	Wednesday	6	Thursday	7	Friday	8
<b>Breakfast</b>	1% Lowfat Milk Fresh Strawberries Hot Cereal <b>(WGR)</b>		1% Lowfat Milk Bananas English Muffins <b>(WGR)</b>		1% Lowfat Milk HM Applesauce Cornbread		1% Lowfat Milk Mandarin Oranges (Vit C) Cold Cereal <b>(WGR)</b>	
<b>Lunch</b>	1% Lowfat Milk Egg Salad (Vit A) Cucumber/Sweet Pepper Slices (Vit A) Grape Halves Tortilla		1% Lowfat Milk Ham Oven Roasted Potatoes (Vit C) Peaches French Toast Sticks		1% Lowfat Milk Ground Beef Sauce Green Peas (Vit C) Pears Spaghetti <b>(WGR)</b>		1% Lowfat Milk HM Chicken Nuggets Corn Cantaloupe (Vit C) Couscous	
<b>Snack</b>	Apple Slices Lowfat Cheese Sticks Water		Hard Boiled (or) Deviled Egg (Vit A) Triscuits Water		1% Lowfat Milk Oatmeal Banana Muffin		1% Lowfat Milk Peanut Butter & Jelly Sandwiches	

Water is made available throughout the day.

Vitamin C and A foods served at Head Start only partially fulfill the daily requirements of these vitamins.

Vitamin B complex comes from whole grains. At least one Whole Grain Rich (WGR) food will be served daily.

Menus are reviewed and approved by the program's Nutrition Consultant.

Menus are subject to change without notice.

Meals served at Head Start are free to all enrolled children regardless of color, race, national origin, sex, age or disabling condition.

This institution is an equal opportunity provider .

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Feb 12-15	Tuesday	12	Wednesday	13	Thursday	14	Friday	15
<b>Breakfast</b>	1% Lowfat Milk Bananas W/W Toast <b>(WGR)</b>		1% Lowfat Milk Peaches Cold Cereal		1% Lowfat Milk Mandarin Oranges (Vit C) Scrambled Eggs (Vit A)		1% Lowfat Milk Strawberries (Vit C) Hot Cereal	
<b>Lunch</b>	1% Lowfat Milk Chili w/ ground beef Beans (kidney, black, pinto) Orange Slices (Vit C) Corn Muffin		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Pears W/W Bread <b>(WGR)</b>		1% Lowfat Milk Chicken & Cheese Quesadilla Carrot & Celery Sticks w/ dip Apple Slices Tortilla <b>(WGR)</b>		1% Lowfat Milk Meatloaf Green Peas (Vit C) Mixed Fruit Buttered Noodles <b>(WGR)</b>	
<b>Snack</b>	100% Juice Pretzels		Cucumber Slices Saltine Crackers Water		1% Lowfat Milk HM Trail Mix		Strawberry Smoothie Snack Crackers	
Feb 26-28	Tuesday	26	Wednesday	27	Thursday	28	Friday	
<b>Breakfast</b>	1% Lowfat Milk Fresh Blueberries Waffles		1% Lowfat Milk Peaches W/W Toast <b>(WGR)</b> Eggs (Vit A)		1% Lowfat Milk Pears Cinnamon Raisin Toast w/ butter			
<b>Lunch</b>	1% Lowfat Milk Ground Beef Burger Broccoli (Vit A and C) Bananas Bun/Roll <b>(WGR)</b>		1% Lowfat Milk HM Chicken Rice Soup w/ Carrots (Vit A) & Celery Grape Halves Peanut Butter & Jelly Sandwich		1% Lowfat Milk Roast Beef Mashed Potatoes (Vit C) Applesauce W/W Bread w/ butter <b>(WGR)</b>			
<b>Snack</b>	Celery Sticks Tuna Salad or Peanut Butter Water		100% Orange Juice (Vit C) Goldfish Crackers		1% Lowfat Milk Graham Crackers			

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**\*\*\*Winter Recess \*\*\***

**February 18 - 22, 2019**

**Head Start Resumes**

**February 26, 2019**

(Menus 5 & 6)