







February 2024

Head Start of Eastern Orange County Menu.



Monday	Tuesday	Wednesday	Thursday	Friday
29 	30 	31 	01 B: WGR Pancakes (English Muffins), Warm Berry Compote, 1%Milk L: White Chicken Chili Soup w/ WGR Pita, Tropical Fruit Cup, 1%Milk S: LF Cheese (Unsalted Pretzels) & Carrots	02 B: WGR French Toast (Toast), Applesauce, 1%Milk L: Shepherd's Pie w/ Ground Beef (Veggie Burger), Mashed Potatoes, Peas & Carrots, WGR Biscuit (WGR Bread), Apricots, 1%Milk S: WGR Crackers & 1%Milk
05 B: WGR Bran Muffin, Oranges, 1%Milk L: WGR LF Macaroni & Cheese (Pasta & Chicken), Broccoli, Peaches, 1%Milk S: 100% Juice & Wheat Thins	06 B: Oatmeal, Mangos, 1%Milk L: Chicken (Tofu) & WGR Rice Soup w/ Celery & Carrots. Troical Fruit Cup, 1%Milk S: Unsalted Pretzels & Hummus	07  Cultural Wednesday B: Corn Chex, Blueberries, 1%Milk L: WGR Pasta Fazool, Beans, Kale, Kiwi, 1%Milk S: LF Cheese, Pears	08 B: Warm Farina, Bananas, 1%Milk L: Chicken Patty (Veggie Burger), WGR Bun, Green Salad, Apricots, 1%Milk S: Goldfish & Mixed Fruit	09 B: Grits, Pears, 1%Milk L: Beef (Tofu) Stir Fry w/ WGR Rice, Stir Fry Vegetables, Mandarin Oranges, 1%Milk S: Apples & Wow butter
12 B: Mini Bagel w/ CC, Mandarin Oranges, 1%Milk L: Bean Stew, WGR Pita, Cauliflower, Peaches, 1%Milk S: LF Cheese & Crackers	13 B: Hard-Boiled Egg & WGR Roll (no egg), pineapple, 1% Milk L: Turkey Meatloaf w/ WGR Dinner Roll, Roasted Sweet Potatoes, Apples, 1% Milk S: WGR Wheat Thins & Juice	14  Cultural Wednesday B: Oatmeal, Warm Berry Compote, 1%Milk L: Lean Beef (Beans) LoMein w/ WGR Spaghetti, Stir Fry Veggies, Clementines, 1%Milk S: LF Yogurt & Pineapple (Pita Triangles)	15 B: WGR French Toast, Peaches, 1%Milk L: Chicken Nuggets (Veggie Burger Nuggets), WGR Quinoa/WGR Millet, Green Beans, Kiwi, 1%Milk S: Goldfish & Mixed Fruit Cup	16 B: Farina, Tropical Fruit Cup, 1% Milk L: WGR Grilled Cheese (Chicken Sandwich) w/ LS Tomato Soup, Sliced Pears, 1%Milk S: Celery & Carrots w/ Hummus
19 Mid-Winter Break No School	20 Mid-Winter Break No School	21 Mid-Winter Break No School	22 Mid-Winter Break No School	23 Mid-Winter Break No School
26 B: WGR Cheerios, Apricots, 1%Milk L: Broccoli Cheddar Soup (Tofu & Broccoli Soup)w/ WGR Roll, Peaches & 1%Milk S: Unsalted Pretzels & Fruit	27 B: WGR Oatmeal, Strawberries, 1%Milk L: Lean Turkey Sausage (Veggie Burger) & Peppers w/ WGR Spaghetti, Pears & 1%Milk S: WGR Animal Crackers & 1%Milk	28  Cultural Wednesday B: WGR English Muffin w/ Fruit Preserves, Peaches, 1%Milk L: Egyptian Mahshi Bowl w/ Lean Beef (Beans), Cabbage, Mixed Fruit & 1%Milk S: WGR Rice Cakes & Unsweetened Applesauce	01 B: WGR Pancake, Banana, 1%Milk L: Roast Pork (tofu) WGR Polenta, Green Beans, Apples, 1%Milk B: Wowbutter & Pita Crackers	02 B: Cream of Wheat, Blueberries, 1% Milk L: WGR Crusted Cheese Pizza (Chicken Sandwich) w/ Salad, Oranges, 1% Milk S: Wheat Thin Crackers & 100% Juice

LF: Low Fat WW: Whole Wheat WG: Whole Grain
Sunbutter: sunflower seed butter

*Substitutions are made for those who have allergies, dietary restrictions or religious exemptions
* Please note: Foods will be served as family style