

February 2010



Alachua County Headstart Menu

February is Black History Month.

Encourage your child to have a delicious and nutritious meal at School AND have a chance at some super prizes! (AT participating Schools)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fruit Juice Breakfast Pizza or Assorted Cereal w/Cinnamon Toast Beef Teriyaki Dippers w/ Steamed Rice California Blend Vegetables Choice of Fruit	2 Applesauce French Toast w/Syrup or Assorted Cereal w/ Cheese Toast Grilled Cheese Sandwich Green Beans Choice of Fresh Fruit 	3 Fruit Juice Turkey Sausage on Biscuit or Assorted Cereal w/Toast & Jelly Fish on Bun w/condiments. or w/ Grits Steamed Broccoli w/wo Cheese Choice of Fruit	4 Mixed Fruit Scrambled Eggs & Hash Browns or Assorted Cereal w/Cheese Toast Sloppy Joe on Bun or Rice Green Peas Choice of Fruit	5 Fruit Juice Pancake w/Syrup or Assorted Cereal w/ Toast & Jelly Cheese /Pepperoni Pizza Fresh Salad w/ Sal Dressing Fruit Juice Bar
8 Fruit Juice Waffles w/Syrup or Assorted Cereal w/Cinnamon Toast Hamburger on Bun w/condiments Baked Fries w/ketchup Choice of Fruit	9 Fresh Banana Turkey Canadian Bacon on Biscuit or Assorted Cereal/Cheese Toast Turkey Roast w/ Roll & Jelly Mashed Potatoes w/ Gravy Mixed Vegetables Choice of Fruit	10 Fruit Juice Sausage & Pancake w/Syrup or Assorted Cereal w/ Graham Bears Soft Taco w/ Lettuce Cup, Salsa, S. Cream Steamed Carrots Choice of Fresh Fruit	11 Peaches Breakfast Chicken Biscuit or Assorted Cereal w/Toast & Jelly Spaghetti w/Meat Sauce Garlic Bread Sticks Fresh Salad w/Dressing Choice of Fruit	12 <i>No School Flex-Day</i>  <i>Lincoln's Birthday</i>
15 President's Day No School 	16 Applesauce French Toast w/Syrup or Assorted Cereal w/ Cheese Toast Cuban Pork on Bun or Rice w/w/o Sauce Peas & Carrots Choice of Fruit	17 Fruit Juice Turkey Sausage on Biscuit or Assorted Cereal w/Toast & Jelly Old Fashioned Mac & Cheese w/wo Ham Seasoned Greens Choice of Fruit	18 Mixed Fruit T. Canadian Bacon & Hash Browns Or Assorted Cereal w/Cheese Toast (Fajita) Chicken & Rice w/Roll Green Beans Choice of Fresh Fruit	19 Fruit Juice & Choice of Milk Pancake w/Syrup or Assorted Cereal w/ Toast & Jelly Cheese/Pepperoni Pizza Fresh Salad w/Dressing Blue Bell Fruity Bar
22 Fruit Juice Breakfast Pizza or Assorted Cereal w/Cinnamon Toast Teriyaki Chicken Steamed Rice Steamed Broccoli w/wo Cheese Choice of Fruit	23 Fresh Banana Turkey Canadian Bacon on Biscuit or Assorted Cereal/Cheese Toast Beef-a-roni w/Roll Fresh Salad and Dressing Choice of Fresh Fruit	24 Mixed Fruit Cinnamon Rolls or Assorted Cereal w/Graham Bears Grilled Ham & Cheese Sandwich Peas and Carrots Assorted Roll/Bread w/Jelly Choice of Fruit	25 Peaches Breakfast Chicken Biscuit or Assorted Cereal w/Cheese Toast Popcorn Chicken Mashed Potato Yellow Corn Fresh Biscuit w/Jelly Choice of Fresh Fruit	26 Fruit Juice Egg & Cheese Grits or Assorted Cereal w/Toast & Jelly Cheese/Pepperoni Pizza Green Beans Fruit Juice Bar
 	Fresh Fruit offered Twice a Week 		Choice of Ice Cold Milk at Every Meal! 	Give Peas a Chance Go Fresh! 

Sandwich and Salad Meal Options Available Daily



Other items offered at the Café Manager's Discretion

Thank You

In accordance with Federal law and U.S. Department of Agriculture policy, Alachua County Public Schools does not discriminate on the basis of race, color, religion, national origin, sex (gender), marital status, disability, sexual orientation, gender identity, age or legally-protected characteristics in its educational programs and activities. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800)795-3272 or (202) 720-6382 (TTY). The USDA is an equal opportunity provider and employer.

All menus subject to change due to availability

