

# ALACHUA COUNTY HEADSTART MENU- February 2010

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>1</b> Fruit Juice &amp; Choice of Milk Breakfast Pizza or Assorted Cereal w/Cinnamon Toast</p> <p>Beef Teriyaki Dippers w/Steamed Rice California Blend Vegetables Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Sun Chips with Fruit Juice</i></p>	<p><b>2</b> Applesauce &amp; Choice of Milk French Toast w/Syrup or Assorted Cereal w/ Cheese Toast</p> <p>Grilled Cheese Sandwich Green Beans Choice of Fresh Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Graham Bears with Milk</i></p>	<p><b>3</b> Fruit Juice &amp; Choice of Milk Turkey Sausage on Biscuit or Assorted Cereal w/Toast &amp; Jelly</p> <p>Fish on Bun w/condiments. or w/Grits Steamed Broccoli w/wo Cheese Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Sugar Cookie with Milk</i></p>	<p><b>4</b> Mixed Fruit &amp; Choice of Milk Scrambled Eggs &amp; Hash Browns or Assorted Cereal w/Cheese Toast</p> <p>Sloppy Joe on Bun or Rice Green Peas Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Apple Slices with String Cheese</i></p>	<p><b>5</b> Fruit Cup &amp; Choice of Milk Pancake w/Syrup or Assorted Cereal w/ Toast &amp; Jelly</p> <p>Cheese /Pepperoni Pizza Fresh Salad w/ Sal Dressing Fruit Juice Bar Skim, 1% White or 1/2 % Choc. Milk <i>Animal Crackers with Fruit Juice</i></p>
<p><b>8</b> Fruit Juice &amp; Choice of Milk Waffles w/Syrup or Assorted Cereal w/Cinnamon Toast</p> <p>Hamburger on Bun w/condiments Baked Fries w/ketchup Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Scooby Doo Stix with Fruit Juice</i></p>	<p><b>9</b> Fresh Banana &amp; Choice of Milk Turkey Canadian Bacon on Biscuit or Assorted Cereal/Cheese Toast</p> <p>Turkey Roast w/ Roll &amp; Jelly Mashed Potatoes w/ Gravy Mixed Vegetables Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Cereal with Milk</i></p>	<p><b>10</b> Fruit Juice &amp; Choice of Milk Sausage &amp; Pancake w/Syrup or Assorted Cereal w/ Graham Bears</p> <p>Soft Taco w/ Lettuce Cup, Salsa, S. Cream Steamed Carrots Choice of Fresh Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Graham Bears with Fruit Juice</i></p>	<p><b>11</b> Peaches &amp; Choice of Milk Breakfast Chicken Biscuit or Assorted Cereal w/Toast &amp; Jelly</p> <p>Spaghetti w/Meat Sauce Garlic Bread Sticks Fresh Salad w/Dressing Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Canned Fruit Cup with Milk</i></p>	<p><b>12</b> Fruit Juice &amp; Choice of Milk Egg &amp; Cheese Grits or Assorted Cereal w/Toast &amp; Jelly <i>(Flex Day)</i> Cheese/Pepperoni Pizza Green Beans Fruit Juice Bar Skim, 1% White or 1/2 % Choc. Milk <i>Vanilla Pudding with Fruit Juice</i></p>
<p><b>15</b></p> <p style="text-align: center;"><i>Presidents' Day Holiday</i></p>	<p><b>16</b> Applesauce &amp; Choice of Milk French Toast w/Syrup or Assorted Cereal w/ Cheese Toast</p> <p>Cuban Pork on Bun or Rice w/w/o Sauce Peas &amp; Carrots Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <math>\frac{1}{2}</math> Cheese Pizza Slice with Fruit Juice</p>	<p><b>17</b> Fruit Juice &amp; Choice of Milk Turkey Sausage on Biscuit or Assorted Cereal w/Toast &amp; Jelly</p> <p>Old Fashioned Mac &amp; Cheese w/wo Ham Seasoned Greens Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Cinnamon Toast Crisps with Fruit Juice</i></p>	<p><b>18</b> Mixed Fruit &amp; Choice of Milk T. Canadian Bacon &amp; Hash Browns or Assorted Cereal w/Cheese Toast</p> <p>Fajita Chicken &amp; Rice w/Roll Green Beans Choice of Fresh Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Sun Chips with Fruit Juice</i></p>	<p><b>19</b> Fruit Juice &amp; Choice of Milk Pancake w/Syrup or Assorted Cereal w/ Toast &amp; Jelly</p> <p>Cheese/Pepperoni Pizza Fresh Salad w/Dressing Blue Bell Fruity Bar Skim, 1% White or 1/2 % Choc. Milk <i>Cereal Bar with Milk</i></p>
<p><b>22</b> Fruit Juice &amp; Choice of Milk Breakfast Pizza or Assorted Cereal w/Cinnamon Toast</p> <p>Teriyaki Chicken Steamed Rice Steamed Broccoli w/wo Cheese Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Animal Crackers with Fruit Juice</i></p>	<p><b>23</b> Fresh Banana &amp; Choice of Milk Turkey Canadian Bacon on Biscuit or Assorted Cereal/Cheese Toast</p> <p>Beef-a-Roni Fresh Salad w/Dressing Choice of Fresh Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Fruit Cup with Milk</i></p>	<p><b>24</b> Mixed Fruit &amp; Choice of Milk Cinnamon Rolls or Assorted Cereal w/Graham Bears</p> <p>Grilled Ham &amp; Cheese Sandwich Peas and Carrots Assorted Roll/Bread w/Jelly Choice of Fruit Skim, 1% White or 1/2 % Choc. Milk <i>Cinnamon Roll with Fruit Juice</i></p>	<p><b>25</b> Peaches &amp; Choice of Milk Breakfast Chicken Biscuit or Assorted Cereal w/Cheese Toast</p> <p>Popcorn Chicken Mashed Potato Yellow Corn Fresh Biscuit w/Jelly Choice of Fresh Fruit Skim, 1% White or 1/2 % Choc. Milk <math>\frac{1}{2}</math> Cheese Pizza Slice with Fruit Juice</p>	<p><b>26</b> Fruit Juice &amp; Choice of Milk Egg &amp; Cheese Grits or Assorted Cereal w/Toast &amp; Jelly</p> <p>Cheese/Pepperoni Pizza Green Beans Fruit Juice Bar Skim, 1% White or 1/2 % Choc. Milk <i>Fresh Fruit with Cheese Stick</i></p>
	<p style="text-align: center;"><i>Sandwich and Salad Meal Options Daily Fresh Fruit Offered Twice a Week</i></p> <p style="text-align: center;"><i>February 1-5: Black History Week</i></p>			

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All menus subject to change due to availability