# Pre-K Head Start School Menu

## February 2024

### Breakfast Items Offered Everyday

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories (Cal)</th>
<th>Carbohydrates (Carb)</th>
<th>Item</th>
<th>Calories (Cal)</th>
<th>Carbohydrates (Carb)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Belgian Waffle w/ Syrup</td>
<td>200</td>
<td>35</td>
<td>Mini Pancakes w/ Syrup</td>
<td>200</td>
<td>35</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>4</td>
<td>Chicken Biscuit WG Sandwich</td>
<td>250</td>
<td>31</td>
</tr>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple Juice</td>
<td>60</td>
<td>4</td>
<td>Apple Juice</td>
<td>60</td>
<td>14</td>
</tr>
</tbody>
</table>

### Lunch

#### Monday

01/29  No School Day

02/05  Hamburger ~on Bun w/ Crinkle Cut Potatoes

02/12  Chicken WG Nuggets w/ Corn & WG Dinner Roll

02/19  President’s Day Holiday

02/26  Hamburger ~on Bun w/ Crinkle Cut Potatoes

#### Tuesday

01/30  Chik’n WG Nuggets w/ Green Beans & Roll

02/06  BBQ Pulled Chicken Sandwich w/ Corn

02/13  Penne Pasta w/ Meat Sauce w/ Baby Carrots w/Ranch

02/20  Hamburger ~on Bun w/ Crinkle Cut Potatoes

#### Wednesday

01/31  Chicken Walking Taco w/ Corn & Walking Taco Corn Chips

02/07  Chik’n Nuggets w/ Macaroni & Cheese Tossed Salad w/ Ranch

02/14  Chicken Walking Taco w/ Corn & Walking Taco Corn Chips

02/21  Cheese Crunchers w/ Marinara Sauce

#### Thursday

02/01  Veggie Burger w/ Crinkle Cut Potatoes

02/08  Crunchy Beef Taco w/ Corn & Edamame & Scoops

02/15  Chik’n Nuggets w/ Seasoned Potatoes & Roll

02/22  Crunchy Beef Taco w/ Corn & Edamame & Scoops

#### Friday

02/02  Cheese Pizza

02/09  Assorted Fresh Veggies w/ Ranch

02/16  Cheese Pizza

02/23  Cheese Pizza

### Additional Options

- Assorted fruit and milk are available at every meal.
- Assorted fruit: Calories 20–127; Carbs 7–33
- Milk: Calories 90–120; Carbs 13–20
- Additional Vegan/Vegetarian options include peanut butter & jelly sandwich, grilled cheese sandwich, waffle & yogurt, hummus, and fruit and yogurt parfait. Please let your cafeteria manager know if you are interested in ordering any of these options.

### Menu Key

- Cal = Calories
- Carb = Carbohydrates
- ~ = Beef
- * = Pork
- + = Poultry
- # = Vegan
- WG = Whole Grain

This institution is an equal opportunity provider.