



Jamestown Head Start Classroom

Head Start Lunch Menu

February 2023



Menu is subject to change related to food availability.

Lunch includes: Entrée (Grain & Meat/Meat Alt), Veg, Fruit & Milk. Students must take three 'items', one must be fruit/juice/veg.

Monday	Tuesday	Wednesday	Thursday	Friday
30-Jan 	31-Jan	1-Feb General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	2-Feb Grilled Cheese Sandwich Tomato Soup Pickle Spear Peaches	3-Feb School Made Stromboli Garden Salad Fruit Variety
6-Feb Chicken Patty on Bun Lettuce/Tomato Pickles Baked Fries Mandarin Oranges	7-Feb Nacho Supreme Rice, Refried Beans Lettuce/Tomato Salsa & Sour Cream Pears	8-Feb Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Corn Peaches	9-Feb Stuffed Crust Cheese Pizza Garden Salad Pears	10-Feb Chicken Poppers Soft Pretzel Baked Fries Applesauce
13-Feb Cheeseburger Tater Tots Lettuce/Tomato/Pickles Mixed Fruit	14-Feb Meatball Sub Shredded Mozzarella Baked Potato Chips Fruit Variety Valentines Treat	15-Feb General Tso Chicken Rice Pilaf Oriental Vegetables Pineapple	16-Feb Fiestada Pizza Garden Salad Fruit Variety	17-Feb No School Teacher In Service
20-Feb No School 	21-Feb Chicken Patty on Bun Lettuce/Tomato Pickles Baked Fries Pears	22-Feb Buttered Noodles Marinara or Meat Sauce Garlic Bread Stick Garden Salad Peaches	23-Feb Chicken Nuggets Dinner Roll Mashed Potatoes & Gravy Steamed Corn Peaches	24-Feb School Made Italian Dunkers & Veggie Pizza Garden Salad Fruit Variety
27-Feb Rodeo Cheeseburger Lettuce/Tomato/Pickle Tater Tots Baked Beans Applesauce	28-Feb Chicken Tenders Soft Pretzel Stick Au Gratin Potatoes Garden Salad Fruit Variety	1-Mar		

This institution is an equal opportunity provider.

Daily Fruit: Apples, Bananas, Oranges, Canned Fruit

Daily Vegetables: Carrot Sticks, Sliced Vegetables, Lentil Salad Variety, Garden Salad

Milk: 1% milk offered with every meal

Please Note: This menu meets qualifications per CACFP guidelines.