


# ICS Head Start BREAKFAST

FEBRUARY 2021

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 QUAKER OAT SQUARE CER PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 2 RAISIN BREAD APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 3 BUTTERED OATMEAL PEACHES Canned ½ C MILK - fat free water(ExtraNotReimbursable)	Feb - 4 CORNFLAKES BANANAS, Sliced 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 5 CHEERIOS DICED PEARS, 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Feb - 8 BRAN FLAKES MANDARIN ORANGES, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 9 RICE KRISPIES KIWI FRUIT CUP 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 10 GRITS with CHEESE 1/4c APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 11 RAISIN BREAD PINEAPPLE, Canned ½ cup MILK - fat free water(ExtraNotReimbursable)	Feb - 12 QUAKER OAT SQUARE CEREAL BANANAS, Sliced (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Feb - 15 	Feb - 16 CHEERIOS APRICOTS, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 17 FRENCH TOAST STICKS SLICED STRAWBERRIES, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 18 CORNFLAKES DICED PEARS, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 19 BUTTERED OATMEAL PINEAPPLE, Canned ½ C MILK - fat free water(ExtraNotReimbursable)
Feb - 22 WHOLE WHEAT PANCAKES PEACHES, Canned, 1/2 cup SYRUP(sugar-free) 1tbs. MILK - fat free water(ExtraNotReimbursable)	Feb - 23 QUAKER OAT SQUARE CEREAL DICED PEARS, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 24 GRITS WITH CHEESE, ¼ CUP MANDARIN ORANGES, Canned ½ CUP MILK - fat free water(ExtraNotReimbursable)	Feb - 25 RICE KRISPIES APRICOT HALVES, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 26 CHEERIOS SLICED BANANAS, 1/2 cup MILK - fat free water(ExtraNotReimbursable)


Toddlers will not be given hard foods or foods in forms that are choking hazards for their development. Meats will be cut into bite size pieces where applicable.

Toddlers are to be given whole milk unless a doctor's statement indicates otherwise.

Infants and toddlers are to never be given anything, which has honey in it. All fresh fruits will be quartered or sliced before leaving the kitchen

# ICS Head Start LUNCH

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1  BEEF PATTY 2.8 oz DIRTY POTATOES (1/4 cup) LETTUCE & TOMATO, 1/4 WHOLE WHEAT BUN SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Feb - 2  MACARONI AND CHEESE, 1/2 GREEN BEANS, 1/4 cup CANTALOUPE FRUIT CUP, 1/4cup MILK - fat free water(ExtraNotReimbursable)	Feb - 3  TURKEY SANDWICH CORN (1/4 cup) ORANGE, FreshSlices ¼ CUP MILK - fat free water(ExtraNotReimbursable)	Feb - 4  BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) CARROTS 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Feb - 5  CHICKEN SALAD GREEN PEAS, ¼ CUP TOMATO SOUP WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Feb - 8  BAKED CHICKEN COLLARD GREENS SCALLOPED POTATOES ¼ Cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 9  SLOPPY JOE BROCCOLI, ¼ CUP PEACHES, DICED (1/4 cup) WHOLE GRAIN BUN MILK - fat free water(ExtraNotReimbursable)	Feb - 10  GRILLED CHEESE SANDWICH VEGETABLE SOUP PEARS, DICED, 1/4 c. MILK - fat free water(ExtraNotReimbursable)	Feb - 11  CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup TOMATO SLICES 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 12  BEEF AND SPANISH RICE SPINACH (1/4 cup) APPLE SLICES, ¼ CUP MILK - fat free water(ExtraNotReimbursable)
Feb - 15  	Feb - 16  BBQ RIB PATTY MASHED POTATOES (1/4 cup) LIMA BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Feb - 17  SALISBURY STEAK STEAMED CABBAGE (1/4 cup) MIXED FRUIT CUP 1/4 c. WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 18  OVEN FRIED CHICKEN SWEET POTATOES (1/4) TURNIP GREENS (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Feb - 19  BEEF STEW W/ VEGETABLES APPLE SLICES 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)
Feb - 22  BEEF PATTY 2.8 oz DIRTY POTATOES (1/4 cup) LETTUCE & TOMATO, 1/4 cup WHOLE WHEAT BUN SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Feb - 23  MACARONI AND CHEESE, 1/2 GREEN BEANS, 1/4 cup ORANGE, FreshSlices 1/4cup MILK - fat free water(ExtraNotReimbursable)	Feb - 24  TURKEY PITA SANDWICH MIXED VEGETABLES (1/4 cup) PINEAPPLE, CANNED ¼ C MILK - fat free water(ExtraNotReimbursable)	Feb - 25  BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) CANTALOUPE FRUIT CUP 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Feb - 26  SPAGHETTI/MEATSAUCE 3/4 BROCCOLI, ¼ C KIWI, SIICED, ¼ C MILK - fat free water(ExtraNotReimbursable)


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# ICS Head Start

## SNACK

FEBRUARY 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 1 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)	Feb - 2 CINNAMON TORTILLA 1/2 APPLE JUICE,USW water(ExtraNotReimbursable)	Feb - 3 GRAHAM CRACKERS,Plain GRAPE JUICE,USW water(ExtraNotReimbursable)	Feb - 4 PUMPKIN MUFFIN PINEAPPLE JUICE, USW water(ExtraNotReimbursable)	Feb - 5 GRAHAM CRACKERS,PLAIN YOGURT, Lowfat 2oz water(ExtraNotReimbursable)
Feb - 8 GOLDFISH CRACKERS W. G SLICED APPLES, ½ C water(ExtraNotReimbursable)	Feb - 9 PLAIN MUFFIN ORANGE JUICE,USW water(ExtraNotReimbursable)	Feb - 10 CHEEZIT, WHOLE GRAIN PINEAPPLE JUICE, USW. water(ExtraNotReimbursable)	Feb - 11 GRAHAM CRACKERS,Plain GRAPE JUICE. water(ExtraNotReimbursable)	Feb - 12 CINNAMON TOAST ORANGE,SLICED ½ CUP water(ExtraNotReimbursable)
Feb - 15 	Feb - 16 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Feb - 17 RAISIN BREAD YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Feb - 18 SIMPLY CHEX APPLE JUICE,USW water(ExtraNotReimbursable)	Feb - 19 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)
Feb - 22 PLAIN MUFFIN ORANGE JUICE, USW water(ExtraNotReimbursable)	Feb - 23 GRAHAM CRACKERS,PLAIN APPLE JUICE,USW water(ExtraNotReimbursable)	Feb - 24 BANANA BREAD SQUARES GRAPE JUICE,USW water(ExtraNotReimbursable)	Feb - 25 CHILLED PEACH CUP, ½ CUP MILK-fat free water(ExtraNotReimbursable)	Feb - 26 PITA BREAD CHEESE TOAST TOMATO JUICE water(ExtraNotReimbursable)

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