## Marshfield Head Start Center February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>WG</b> Oatmeal Rounds, Fruit Cocktail	4 <b>WG</b> Frosted Mini Wheats Cereal, Strawberries	5 Egg Bake w/ Cheese and Turkey Sausage, Applesauce	6 <b>WG</b> Cheerios, Bananas	7 <b>WG</b> Waffle Sticks, Apple Slices
Popcorn Chicken, French Fries, Green Beans, Peaches Scooby Graham Snacks	Chicken Fajita Meat, <b>WG</b> Shells, Cheese, Salsa, Lettuce, Bell Pepper Strips, Pears	BBQ on a <b>WG</b> Bun, Cheese Cubes, Baked Beans, Roasted Broccoli, Watermelon	Beef Stroganoff, Buttered Noodles, Mixed Vegetables, Grapes	Pizza <b>WG</b> Quesadillas, Cottage Cheese, Potato Smiles, Pineapple
Y Kids Only	WG Peanut Butter & Jelly Sandwiches	WG Chex Mix	WG Sunchips	Cheese Slices, <b>WG</b> Crackers
10 <b>WG</b> Toast, Jelly, Applesauce	11 Special K Cereal, Mixed Berries	12 Rice Krispies, Bananas	13 <b>WG</b> French Toast Sticks, Strawberries	14 Scrambled Eggs, Hashbrown, Pears
Chicken Noodle Soup, Oyster/Saltine Crackers, WG Cheese Filled Breadstick, Cooked	<b>WG</b> Chicken Nuggets, Rice Pilaf, <b>WG</b> Roll, Peas, Apple Slices	HM Pork Roast, Mashed Potatoes, Gravy, <b>WG</b> Bread/Roll, Green Beans, Peaches	Cheesy Flatbread, Italian Veggies, Cottage Cheese, Tropical Fruit Salad	Ham Slices, Scalloped Potatoes, <b>WG</b> Rolls, Cucs and Dip, Grapes
Carrot, Pears WG Blueberry Bread No preschool or 4K	Hard Boiled Eggs	<b>WG</b> Sun Chips, 100% Juice	Trail Mix with <b>WG</b> Goldfish Crackers	Valentine's Day Yogurt w/ Strawberries, <b>WG</b> Granola
17 <b>WG</b> Life Cereal, Pears	18 <b>WG</b> Cheerios, Applesauce	19 Cheese Omelet, <b>WG</b> Toast, Banana	20 <b>WG</b> Apple Cinnamon Muffin,	21 <b>WG</b> Pancakes, Blueberries
WG Fish Sticks, Sweet Potato Fries, WG Bread/Roll, Mixed Vegetables, Apple Slices	Turkey Rollup with <b>WG</b> Tortillas, Cheese Slices, Tater Tots, Peas, Mandarin Oranges	HM Cream of Potato Soup, Ham, Cheese Slices, Hawaiian Roll, Cooked Carrots, Kiwi	Peaches Spaghetti & Meatballs, Garlic Bread, Green Beans, Pineapple	HM <b>WG</b> English Muffin Meat Pizza/Cheese Pizza, Cottage Cheese, Lettuce Salad,
WG Goldfish Crackers, Cheese Cubes Preschool/4K in Session	Trail Mix, 100% juice	WG Banana Bread	<b>WG</b> Tortilla Chips & Salsa	Applesauce WG Animal Crackers No preschool or 4K
24 <b>WG</b> Kix Cereal, Applesauce	25 Cinnamon Toast, Peaches	26 <b>WG</b> Pancakes, W/ Banana and Peanut Butter	27 <b>WG</b> Frosted Mini Wheats Cereal, Orange Wedges	28 <b>WG</b> Waffles, Blueberries
Macaroni & Cheese, Diced Ham, <b>WG</b> Breadstick, Peas, Tropical Fruit Salad	HM Nachos ( <b>WG</b> Tortilla Chips, Beef, Cheese, Lettuce, Salsa, Sour Cream), Corn, Mango	Cheese Ravioli, Meat Sauce, Garlic Bread, Italian Veggies, Fruit Salad	Chicken Alfredo, Pasta, <b>WG</b> Breadstick, Cooked Broccoli, Mixed Fruit	Chicken Tenders, Rice Pilaf, <b>WG</b> Roll, California Blend Veggies, Grapes
WG Pumpkin Bread No preschool or 4K	100% Juice, <b>WG</b> Rice Cakes	WG Graham Crackers Snacks	Pretzels, String Cheese	WG Peanut Butter & Jelly Sandwich
		All-day session children receive breakfast, lunch and snack. Milk is served with meals and snacks, occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day. WG = whole grain WGR = whole grain rich HM = homemade		