

West Head Start Centers February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>  <p style="color: red; text-align: center;">Center Closed</p>	<p>4 HM Breakfast Pizza (Crust, Eggs, Ham, and Cheese), Pineapple</p> <p>HM Broccoli Cheese Soup, Turkey Slices, WG Garlic French Bread, Carrots & Dip, Pears</p> <p>WG Graham Crackers, Applesauce</p>	<p>5 WG Toast, Jelly, Banana</p> <p>Cheese Ravioli, Meat Sauce, WG Breadstick, Asparagus, Fruit Salad</p> <p>Cheese Cube & Apple Slices</p>	<p>6 WG Mini Waffles, Blueberries</p> <p>Lentil Taco Meat, WG Tortilla, Cheese, Salsa, Sour Cream, Lettuce, Corn, Grapes</p> <p>WG Goldfish Crackers</p>	<p>7 Special K Cereal, Strawberries</p> <p>HM Baked Chicken Parmesan, WG Brown Rice, Green Beans, Peaches</p> <p>WG Pumpkin Bread, 100% Juice</p>
<p>10 WG Muffin, Applesauce</p> <p>HM Creamy White Chili Soup w/ Chicken, WG Roll, Corn, Strawberries</p> <p>WG Rice Cakes</p> <p style="color: red; text-align: center;">I/T Only</p>	<p>11 WG Kix Cereal, Blueberries</p> <p>HM Coconut Curry Chicken, Basmati Rice, Naan Bread, Snap Peas & Dip, Tropical Fruit</p> <p>Yogurt, Mixed Berries, WG Granola</p>	<p>12 Cheddar Omelet, Canadian Bacon, Hashbrown Patties, WG Muffin, Fruit Salad</p> <p>WG Spaghetti & Meat Sauce, Garlic Bread, Green Beans, Mandarin Oranges</p> <p>WG Tortilla Chips & Salsa</p>	<p>13 WG Pancakes, (w/Banana, Peanut Butter, Chocolate Chips)</p> <p>HM Cream of Potato Soup, Ham Slices, WG Roll, Peas, Pears</p> <p>Peaches & Valentine Trail Mix</p>	<p>14 HM WG Blueberry & Strawberry Muffin Bars, Applesauce</p> <p>Meatballs, Gravy, Mashed Potatoes, Cooked Carrots, WG Roll, Strawberries & Pineapple Fruit Fluff</p> <p>WG Sun Chips, 100% Juice</p>
<p>17 WG French Toast Snackbread, Orange Wedges</p> <p>HM Creamy Italian Sauce with Chicken, Buttered Noodles, WG Cheesy Breadstick, Green Beans, Peaches</p> <p>WG Animal Crackers</p> <p style="color: red;">Preschool/4K in Session</p>	<p>18 WG Muffin, Applesauce</p> <p>HM Philly Cheesesteak Sloppy Joes on WG Bun, Cheese Slices, Sweet Potato Fries, Pears</p> <p>String Cheese & Pretzels</p>	<p>19 WG Life Cereal, Banana</p> <p>HM Chili with Beef Lentil, Buttered Noodles, Shredded Cheese, Sour Cream, Cucumbers & Dip, Pineapple</p> <p>WG Graham Snacks</p>	<p>20 Egg & Cheese Sandwich on Croissant, Peaches</p> <p>WG Fish Sticks, HM Bean & WG Brown Rice, Mixed Vegetables, Apple Slices</p> <p>HM WG Zucchini Bread, 100% Juice</p>	<p>21 WG Cheerios, Strawberries</p> <p>Chicken Tenders, Rice Pilaf, Peas, Grapes</p> <p>WG Blueberry Snackbread</p> <p style="color: red; text-align: center;">I/T Only</p>
<p>24 WG Oatmeal, Raisins, Diced Apples</p> <p>HM Mac & Cheese, Buttered Noodles, Diced Ham, WG Breadstick, Broccoli, Fruit Salad</p> <p>WG Crackers & Hard-Boiled Egg</p> <p style="color: red; text-align: center;">I/T Only</p>	<p>25 Cinnamon Toast, Peaches</p> <p>HM Nachos with Beef Lentil (WG Tortilla Chips, Cheese, Lettuce, Salsa, Sour Cream), Corn, Grapes</p> <p>WG Chex Mix</p>	<p>26 WG French Toast Sticks, Fruit Salsa</p> <p>Teriyaki Chicken, WG Fried Rice, Stir Fry Vegetables, Mandarin Oranges</p> <p>WG Soft Pretzels & Cheese</p>	<p>27 Scrambled Eggs with Cheese, Mandarin Oranges</p> <p>Shredded Pork, Gravy, Mashed Potatoes, WG Roll, California Medley Vegetables, Apple Slices</p> <p>WG Goldfish Crackers, Cheese Cubes</p>	<p>28 WG Frosted Mini Wheats Cereal, Strawberries</p> <p>HM Meat/Cheese Pizza, Cottage Cheese, Cooked Carrots, Pineapple</p> <p>WG Peanut Butter & Jelly Sandwich, 100% Juice</p>
		<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">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.</p> <p>WG = whole grain WGR = whole grain rich HM = homemade</p>		