

Mt. Hood Community College Head Start and Early Head Start Menu

February 3rd to February 28th, 2020

(1)	Monday February 3 rd	Tuesday February 4 th	Wednesday February 5 th	Thursday February 6 th	Friday February 7 th
Breakfast	Corn flakes(1/2 cup) (Kellogg's) Orange slices, fresh Milk	Waffles(WG)(1) Applesauce Milk	Rice krispies(1/2cup) (Maltomeal) Honeydew melon, fresh Milk	Toasty oats cereal(1/2 cup) (Maltomeal) Orange slices, fresh Milk	Oatmeal(WG)(1/2 cup) (Bob's Red Mill) Bananas Milk
Lunch	Tuna salad sandwich (1/2) on bread(WW) (1) Steamed cabbage Kiwi fruit, fresh Milk	BBQ chicken on bun(WW) (1) Roasted cauliflower Apple slices, fresh Milk	Lentil soup(1/2 cup) Sliced cheese Bread roll(WW)(1) ROASTED BEETS Strawberries, fresh Milk	Bean and cheese burrito (1) in tortilla(WW) Peas Pineapple, fresh Milk	Spaghetti (1/2 cup) w/meatballs RAINBOW CRUNCH SALAD Pear slices, fresh Milk
Snack	Wheat crackers(WW)(1/2 cup) Broccoli, fresh w/ ranch Water – FD -> Milk – PD ->	String cheese sticks (1) Carrot sticks*	Vanilla yogurt(Nancy's) Apple slices, fresh	Animal crackers(2oz) Cantaloupe melon, fresh	Pita bread (WW)(1) w/ hummus Cucumber slices

(2)	Monday February 10 th	Tuesday February 11 th	Wednesday February 12 th	Thursday February 13 th	Friday February 14 th
Breakfast	Rice krispies(1/2cup) (Maltomeal) Apple slices, fresh Milk	Waffles(WG)(1) Apple sauce Milk	Toasty oats cereal(1/2 cup) (Maltomeal) Apple slices, fresh Milk	English muffin(WW)(1) w/ cream cheese Orange slices, fresh Milk	Oatmeal(WG)(1/2 cup) (Bob's Red Mill) Bananas Milk
Lunch	Egg salad sandwich(1/2) on bread(WW)(1) Corn Kiwi fruit, fresh Milk	Tostadas(WG)(1) with bean and cheese Steamed green beans Cantaloupe melon, fresh Milk	Chicken nuggets Bread roll(WW)(1) ROASTED BEETS WITH ORANGE SAUCE Strawberries Milk	Turkey and cheese sandwiches(1/2) on bread(WW)(1) Steamed carrots Pineapple, fresh Milk	Teriyaki meatballs Brown rice(WG)(1/2 cup) TANGY BEET SALAD Kiwi fruit, fresh Milk
Snack	Animal crackers(2oz) Pears, canned Water – FD-> Milk – PD ->	Goldfish crackers (1/2 cup) Broccoli, fresh w/ ranch Water – FD -> Milk – PD ->	Vanilla Yogurt(Nancy's) Honeydew melon, fresh	Wheat crackers(WW) (1/2 cup) Carrot sticks*	String cheese Pear slices, fresh

This institution is an equal opportunity provider. **Condiment.** Extra Component. All caps: HARVEST FOR HEALTHY KIDS FEATURED VEGETABLE/FRUIT.

V (vegetarian) and DF (dairy free) recipes. Note: No peanut butter or pork served in this menu. Limited fresh, uncooked fruits and vegetables served to children under 18 months old in EHS.

*blanched for EHS. **Whole grain is noted with :(WG) and whole wheat is noted with :(WW). Fruit: ½ cup for snacks and breakfast ¼ cup for lunch. Vegetables: ½ cup for snacks and breakfast ¼**

cup for lunch. Meats/Meat Alternatives and Cheeses: 1 oz for snacks and 1.5 oz for lunch. All milk served is unflavored. 1% milk for ages 2-5 and whole milk for ages 12-23 months. All cereals

served are labeled with brand and noted with (WG) if whole grain. Notice: Menu subject to change without notice when necessary.

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(3)	Monday February 17 th	Tuesday February 18 th	Wednesday February 19 th	Thursday February 20 th	Friday February 21 st
Breakfast	Program Closed President's Day!	Corn flakes(1/2 cup) (Kellogg's) Apricots, canned Milk	English muffin(WW)(1/2) w/ butter Honeydew melon, fresh Milk	Toast(WW)(1) w/ jam Orange slices, fresh Milk	Oatmeal(WG)(1/2 cup) (Bob's Red Mill) Bananas Milk
Lunch		Tuna salad sandwiches(1/2) on Bread (WW)(1) Corn, canned Tangerines, fresh Milk	Teriyaki chicken w/ Brown rice(WG)(1/2 cup) ROASTED BEETS Kiwi fruit, fresh Milk	Turkey Sausage patty Homemade Vegetable Soup(1/2 cup) Bread roll(WW)(1) Strawberries, fresh Milk	BBQ meatballs Brown rice(WG)(1/2 cup) RAINBOW CRUNCH SALAD Apple slices, fresh Milk
Snack		Vanilla yogurt(Nancy's) Apple slices, fresh	Pita bread(1) w/ hummus Cucumber slices, fresh	Wheat crackers(WW) (1/2 cup) Carrot sticks*	String cheese sticks Peas, frozen

(4)	Monday February 24 th	Tuesday February 25 th	Wednesday February 26 th	Thursday February 27 th	Friday February 28 th
Breakfast	Rice krispies(1/2cup) (Maltomeal) Bananas Milk	Toast(1)(WW) w/ jam Orange slices, fresh Milk	Cheerios(WG)(1/2cup) (General Mills) Cantaloupe melon, fresh Milk	Oatmeal(WG)(1/2 cup) (Bob's Red Mill) Bananas Milk	Mini bagels(WG)(1) w/ cream cheese Orange slices, fresh
Lunch	Red beans and brown rice(WG)(1/2 cup) Roasted cauliflower Honeydew melon, fresh Milk	Cheese burger on bun(WW)(1/2) Roasted carrots Pineapple, fresh Milk	Chicken nuggets Bread sticks(WG)(1) ROASTED BEETS WITH ORANGE SAUCE Apple slices, fresh Milk	Tostada(WG)(1) with bean and cheese Steamed green beans Strawberries, fresh Milk	Meatballs with sweet/sour sauce Brown rice(WG)(1/2 cup) TANGY BEET SALAD Kiwi fruit, fresh Milk
Snack	Pita bread(1) w/ hummus Cucumber slices, fresh Water – FD -> Milk – PD ->	Goldfish crackers(1/2 cup) Broccoli, fresh w/ ranch	Tortilla chips(1/2 cup) w/ salsa Jicama sticks* w/lime	Wheat thins(WW)(1/2cup) Carrot sticks*	Vanilla yogurt(Nancy's) Apple slices, fresh

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