February 2026
Head Start Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 6 oz.. Milk 2/3 c Chicken Noodle Casserole ¼ c Sweet Peas 1 Dinner Roll ¼ Orange Slices	**3** 6 oz.. Milk 1.5 oz. Meatloaf ¼ c Diced Potatoes ¼ c Carrots 1 slc Texas Toast ¼ c Applesauce	**4** 6 oz.. Milk 1 Cheese Quesadilla ¼ c Pinto Beans ¼ c Corn ¼ c Blueberries	**5** 6 oz.. Milk 1.5 oz. Sliced Ham ½ c Mac & Cheese ¼ c Steamed Broccoli 1 oz. Corn Bread ¼ c Pears	**6** 6 oz.. Milk 1.5 oz. Hamburger ¼ c Tater Tots ¼ Lettuce/Tomato ¼ c Pineapples
9 6 oz.. Milk 2/3 c Chicken Spaghetti ¼ Vegetable Blend 1 slc Garlic Toast ¼ c Peaches	**10** 6 oz.. Milk 1.5 oz. Salisbury Steak 1 T Brown Gravy ¼ c Mashed Potatoes ¼ c Corn ¼ c Oranges	**11** 6 oz.. Milk 4 Fish Sticks ½ c Brown Rice ¼ Mixed Vegetables ¼ c Pears	**12** 6 oz.. Milk 2/3 c Beef Lasagna 1 slc Garlic Toast ¼ c Peas & Carrots ¼ c Mixed Fruit	**13** 6 oz.. Milk 5 Chicken Nuggets 1 Dinner Roll ¼ Sweet Potatoes ¼ Tossed Salad ¼ c Peaches
16 6 oz.. Milk 2/3 c Chicken Alfredo 1 slc Garlic Bread ¼ c Sweet Peas ¼ c Tossed Salad ¼ c Mixed Berries	**17** 6 oz.. Milk 2/3 c Beef Enchilada ¼ c Spanish Rice ¼ c Corn ¼ c Peaches	**18** 6 oz.. Milk 1.5 oz. BBQ Chicken 1 Dinner Roll ¼ c Mashed Potatoes ¼ c Sliced Carrots ¼ c Strawberries	**19** 6 oz.. Milk 2/3 c Chili/Pinto Beans 4 WG Crackers ¼ c Salad/Tomato ¼ c Watermelon	**20** 6 oz.. Milk 1.5 oz. Pork Chop ¼ c Scalloped Potato ¼ c Green Beans 1 Dinner Roll ¼ c Mixed Fruit
23 6 oz.. Milk 2/3 c Chicken Noodle Soup ¼ c Steamed Broccoli 4 Crackers ¼ c Applesauce	**24** 6 oz.. Milk 1.5 Beef Taco 1 oz. Tortilla Chips ¼ Black Beans ¼ c Lettuce/Tomato/Shredded Cheese ¼ c Pears	**25** 6 oz.. Milk 1 slc Cheese Pizza ¼ c Spinach Salad ¼ c Mandarin Oranges	**26** 6 oz.. Milk 1.5 oz. Turkey/Gravy ¼ c Mashed Potatoes ¼ c Green Beans 1 slc WW Bread ¼ c Mixed Fruit	**27** 6 oz.. Milk 1.5 oz. Beef Spaghetti ¼ c Mixed Vegetables 1 Dinner Roll ¼ c Cantaloupe

Announcements

Skewers

Strawberries or Bananas

Yogurt

Granola

Just stick a skewer into a strawberry or slice of banana,

dip it in yogurt

roll the pop in granola!

Store the pops in the refrigerator until serving,

This product was funded by USDA. This institution is an equal opportunity provider.