


# ICS Head Start

BREAKFAST Service Time 9:00 am

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 CORNFLAKES MELON FRUIT CUP ½ C MILK - fat free water(ExtraNotReimbursable)	Feb - 2 TOAST,BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Feb - 3 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Feb - 6 QUAKER OAT SQUARE CER BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	Feb - 7 BUTTERED OATMEAL 1/4 cup DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 8 KIX PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 9 WAFFLE (WHOLE GRAIN) MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)	Feb - 10 BRAN FLAKES PINEAPPLE, Canned ½ C MILK - fat free water(ExtraNotReimbursable)
Feb - 13 TOAST, WITH CREAM CHEE STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 14 CHEERIOS PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Feb - 15 RICE KRISPIES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Feb - 16 GRITS WITH CHEESE, ¼ Cup DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 17 QUAKER OAT SQUARE CER BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)
Feb - 20 	Feb - 21 BUTTERED OATMEAL 1/4 cup APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 22 CORNFLAKES PINEAPPLE, Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 23 GRITS with CHEESE 1/4c BANANAS,Slices1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 24 WAFFLE (WHOLE GRAIN) APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Feb - 27 CHEERIOS DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Feb - 28 FRENCH TOAST W/SYRUP PINEAPPLE,Canned,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 SERVICE TIME 11:30 am

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Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1  SLOPPY JOE GREEN PEAS 1/4 cup PEACHES,diced (1/4 cup) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Feb - 2  VEGETABLE CHILI CHEDDAR, Shredded 1/8 C FRESH ORANGE, ½ WHOLE WHEAT CRACKERS MILK - fat free water(ExtraNotReimbursable)	Feb - 3  CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Feb - 6  BEEF VEGETABLE SOUP APPLE Slices (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 7  BBQ RIB PATTY POTATO SALAD (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Feb - 8  BAKED TURKEY BREAST STEAMED CABBAGE MASHED POTATOES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Feb - 9  CHICKEN SALAD GREEN PEAS 1/4 cup MANDARIN ORANGE 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 10  BEEF SOFT TACO PINTO BEANS 1/4 cup LETTUCE & TOMATO, 1/4 cup Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)
Feb - 13  OVEN FRIED CHICKEN SWEET POTATOES 1/4 cup TURNIP GREENS 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 14  BAKED HAM MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 15  GROUND BEEF/SPANISH RICE SPINACH (1/4 cup) CARROTS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Feb - 16  BEEF STEW W/VEG APPLE Slices (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Feb - 17  TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)
Feb - 20  	Feb - 21  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 - 22  CHICKEN SALAD MIXED VEGETABLE TOMATO SOUP WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)	Feb - 23  MEATLOAF GREEN BEANS, 1/4 cup MASHED POTATOES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Feb - 24  VEGETABLE CHILI CANTALOUPE CUP, 1/4 cup WHOLE WHEAT CRACKERS Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)
Feb - 27  SPAGHETTI/MEAT SAUCE 3/4 BROCCOLI 1/4 cup CORN, Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Feb - 28  BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)			

## ICS Head Start

### SNACK Service Time 2:00 pm

FEBRUARY 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
		Feb - 1 CINNAMON TOAST 1/2 PINEAPPLE JUICE, USW water(ExtraNotReimbursable)	Feb - 2 WHOLE WHEAT CRACKERS TOMATO JUICE water(ExtraNotReimbursable)	Feb - 3 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
Feb - 6 RAISIN BREAD PINEAPPLE JUICE, USW water(ExtraNotReimbursable)	Feb - 7 CINAMON TOAST/WholeWhe GRAPE JUICE, USW water(ExtraNotReimbursable)	Feb - 8 BANANA BREAD SQUARES APPLE JUICE, USW water(ExtraNotReimbursable)	Feb - 9 CHEEZIT *WG* MILK - fat free water(ExtraNotReimbursable)	Feb - 10 GOLDFISH CRACKERS W. G KIWI FRUIT1/2 c. water(ExtraNotReimbursable)
Feb - 13 PITA BREAD CHEESE TOAST TOMATO JUICE CottageCheeseTastingParty water(ExtraNotReimbursable)	Feb - 14 SPICED MUFFIN ORANGE JUICE,USW water(ExtraNotReimbursable)	Feb - 15 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)	Feb - 16 GRAHAM CRACKERS,Plain ORANGE/PINEAPPLE JUICE, water(ExtraNotReimbursable)	Feb - 17 BANANA BREAD SQUARES APPLE JUICE,USW water(ExtraNotReimbursable)
Feb - 20 	Feb - 21 TANGERINE,2 WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Feb - 22 YOGURT, lowfat 2oz. STRAWBERRIES 1/2 cup water(ExtraNotReimbursable)	Feb - 23 CHILLED PEACH CUP 1/2 C. MILK - fat free water(ExtraNotReimbursable)	Feb - 24 GRAHAM CRACKERS,Plain ORANGE/PINEAPPLE JUICE, water(ExtraNotReimbursable)
Feb - 27 CINNAMON TOAST 1/2 ORANGE JUICE,USW water(ExtraNotReimbursable)	Feb - 28 GOLDFISH CRACKERS W. G MILK - fat free water(ExtraNotReimbursable)			

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