



Redmond & Prineville

Head Start Full Day Snack Menu

February 2019

Minimum Servings: 2/5
 Meat/Meat Alternate – ½ oz.
 Grain ½ oz eq
 Fruit ½c.
 Vegetables ½c.
 Milk ½c.
Teachers Please Record Any Substitutions

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 1/2oz. Whole Wheat Crackers 1 Slice Cheddar Cheese	5 1 Hard Boiled Egg 1/2c. Diced Pears	6 1/2c. Vanilla Yogurt 1/4c. Dried Fruit	7 1/8c. Hummus 1/2c. Cucumbers	8 No School
11 1/2c. Cinnamon Applesauce ½. WW Toast/Butter	12 1 English Muffin WG 1 Sausage Patty	13 1/2c. General Mills Kix Cereal 1/2c. Non-Fat Milk	14 No School Conferences	15 No School
18 No School President's Day	19 1/2c. Malt-O-Meal Mini Wheat Cereal 1/2c. Non-Fat Milk	20 1 Hard Boiled Egg 1/2c. Fruit Juice	21 1/2c. Celery w/ 2 Tbs. Cream Cheese 1/4c. Dried Cranberries	22 No School
25 1/2c. Kellogg's Bran Flakes 1/2c. Milk	26 1/2c. Vanilla Yogurt 1/4c. Dried Fruit	27 1 Breadstick 1 Slice Cheddar Cheese	28 1/2c. Carrot Sticks w/ 1 Tbs. Ranch ½ Banana	1 No School

This institution is and equal opportunity provider All Grain products are WGR or WG or WW CN Labels/Recipes meet USDA/CACFP Minimum Requirements

All menus are Subject to change

R.D. Signature & Date _____