

**GROUNDHOG  
DAY  
FEBRUARY  
2ND**

# HEAD START MENUS FEBRUARY 2025




**St. Charles Parish  
Public Schools**

This institution is an equal opportunity provider. Menus are subject to change.



**Every complete meal  
we serve comes with  
your choice of milk!**

I am the letter

**A** 

apple

Monday, February 3	Tuesday, February 4	Wednesday, February 5	Thursday, February 6	Friday, February 7
<b>Breakfast</b> Waffle Juice, Milk	<b>Breakfast</b> French Toast Sticks Juice, Milk	<b>Breakfast</b> Breakfast Pizza Juice, Milk	<b>Breakfast</b> Sausage Biscuit Juice, Milk	<b>Breakfast</b> Grits Juice, Milk
<b>Lunch</b> Pulled Turkey on Bun Tater Tots Cinnamon Apple Slices Milk	<b>Lunch</b> Fish Sticks Macaroni & Cheese Green Beans, Pears Halves Milk	<b>Lunch</b> Chili, Cheese, Crackers Garden Salad Banana Half Milk	<b>Lunch</b> Hamburger Crinkle Cut Fries Orange Wedges Milk	<b>Lunch</b> Grilled Cheese Marinara Sauce Pineapple Tidbits Milk
<b>Snack</b> Trix Cereal Bar Milk	<b>Snack</b> Yogurt Tiger Bites Graham Crackers	<b>Snack</b> Rice Krispie Treat Orange Wedges	<b>Snack</b> EARLY DISMISSAL	<b>Snack</b> EARLY DISMISSAL

**SUPER BOWL  
SUNDAY**



**MAY THE BEST  
TEAM WIN!**

Monday, February 10	Tuesday, February 11	Wednesday, February 12	Thursday, February 13	Friday, February 14
<b>Breakfast</b> Confetti Pancakes Juice, Milk	<b>Breakfast</b> French Toast Sticks Juice, Milk	<b>Breakfast</b> Breakfast Pizza Juice, Milk	<b>Breakfast</b> Sausage Biscuit Juice, Milk	<b>Breakfast</b> Cereal Juice, Milk
<b>Lunch</b> Chicken Tenders Broccoli w/Cheese Pear Halves Milk	<b>Lunch</b> Orange Chicken, Fried Rice Edamame Beans Tropical Fruit Milk	<b>Lunch</b> Manager's Choice Banana Half Milk	<b>Lunch</b> Meat sauce w/Spaghetti Broccoli Florets Pineapple Tidbits Milk	<b>Lunch</b> Grilled Cheese Tater Tots Orange Wedge Milk
<b>Snack</b> Chex Strawberry Cereal Bag Milk	<b>Snack</b> Yogurt Cinnamon Bear Cracker	<b>Snack</b> Mozzarella String Cheese Orange Wedges	<b>Snack</b> Mickey Gold Fish Milk	<b>Snack</b> Animal Crackers Fruit Cup (Pear)

**Happy Valentine's Day!**

# FEBRUARY 17th



## Presidents Day

### Monday, February 17

#### Breakfast

Waffle  
Juice, Milk

#### Lunch

Chicken Alfredo  
Green Beans  
Applesauce  
Milk

#### Snack

Trix Cereal Bar  
Milk

### Tuesday, February 18

#### Breakfast

French Toast Sticks  
Juice, Milk

#### Lunch

Meatballs & Gravy  
Mashed Potatoes  
Apple Wedges, Roll  
Milk

#### Snack

Yogurt  
Tiger Bite Graham Crackers

### Wednesday, February 19

#### Breakfast

Breakfast Pizza  
Juice, Milk

#### Lunch

Beef Vegetable Soup  
Grilled Cheese Sandwich  
Banana Half  
Milk

#### Snack

Rice Krispie Treat  
Orange Wedges

### Thursday, February 20

#### Breakfast

Sausage Biscuit  
Juice, Milk

#### Lunch

Beef Dippers  
Macaroni & Cheese  
Broccoli Florets, Pineapple  
Milk

#### Snack

Cinnamon Goldfish  
Milk

### Friday, February 21

#### Breakfast

Grits  
Juice, Milk

#### Lunch

Chicken Sliders  
Crinkle Cut Fries  
Orange Wedges  
Milk

#### Snack

Vanilla Chat Snax Graham  
Fruit Cup (Applesauce)

### Monday, February 24

#### Breakfast

Confetti Pancakes  
Juice, Milk

#### Lunch

Red Beans w/Sausage  
Steamed Rice  
Mustard Greens, Peaches  
Milk

#### Snack

Chech Strawberry Cereal Bag  
Milk

### Tuesday, February 25

#### Breakfast

French Toast Sticks  
Juice, Milk

#### Lunch

Soft Taco w/Cheese  
Refried Beans  
Apple Wedges  
Milk

#### Snack

Yogurt  
Cinnamon Bear Cracker

### Wednesday, February 26

#### Breakfast

Breakfast Pizza  
Juice, Milk

#### Lunch

Salisbury Steak  
Mashed Potatoes  
Banana Half  
Milk

#### Snack

Mozzarella String Cheese  
Orange Wedges

### Thursday, February 27

#### Breakfast

Sausage Biscuit  
Juice, Milk

#### Lunch

Turkey Stew w/Rice  
Candied Yams  
Strawberry Cup  
Milk

#### Snack

Mickey Goldfish  
Milk

### Friday, February 28

#### Breakfast

Cereal  
Juice, Milk

#### Lunch

Cheese Pizza  
Garden Salad  
Orange Wedges  
Milk

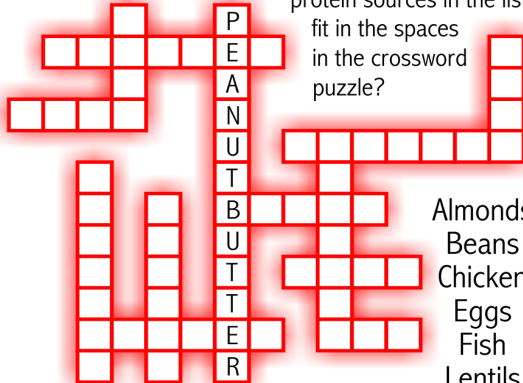
#### Snack

Animal Crackers  
Fruit Cup (Pear)

# Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list

fit in the spaces in the crossword puzzle?



- Almonds
- Beans
- Chicken
- Eggs
- Fish
- Lentils
- Milk
- Pork
- Soy
- Turkey
- Walnuts
- Yogurt



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## MARDI GRAS HOLIDAYS

MONDAY, MAR. 3 through FRIDAY, MAR. 7

We'll see you on Monday, March 10th!

### What's on YOUR plate?