

**Community Action-Head Start  
February Lunch 2014**

Portion Sizes	Monday	Tuesday	Wednesday	Thursday
<p>These are the minimum amounts served to the children. Second servings are available.</p> <p>** 1% Milk served with every lunch</p>	<p>3- Polish Sausage/bun German Potato salad Applesauce</p>	<p>4- Chicken Salad Sandwich on whole grain bread Pickled Beets Diced Pears</p>	<p>5- Beef tips/gravy over whole wheat noodles Peas Mandarin oranges Whole grain roll</p>	<p>6- Chicken./ Stewed tomatoes and rice casserole/w cheese Lima beans Fruit cocktail ½ slice of bread</p>
	<p>10- Pork Chop Butter Beans Mandarin Oranges ½ slice of bread</p>	<p>11- Meat loaf Scalloped potatoes ½ whole grain Roll Apricots</p>	<p>12- Closed for Lincoln's Birthday</p>	<p>13- Hamburger Gravy Mashed Potatoes Peas ½ whole grain roll Peaches</p>
<p>Lunch Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.</p>	<p>17-  PRESIDENT'S DAY  NO SCHOOL</p>	<p>18- Chopped Beefsteak/Gravy Peas Diced Pears ½ whole Wheat Roll</p>	<p>19- Fish Sticks Seasoned potato wedges Mandarin oranges ½ whole wheat roll</p>	<p>20- Chicken Strips Lima beans Applesauce ½ slice of bread</p>
	<p>24- Baked Ham Slice Baked beans ½ whole grain roll Fruit cocktail</p>	<p>25- Turkey Tetrizzini Peas Diced Pineapple ½ slice of bread</p>	<p>26- , Swedish Meatballs over noodles Butter beans plums</p>	<p>27- Baked Chicken Thighs Baby potatoes ½ slice of bread Rosy applesauce</p>