



## Institute of Community Service



February 2024 Menu

Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

**\*\*MENU SUBJECT TO CHANGE**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1:</b> <b>Feb 26<sup>th</sup>-Mar 1<sup>st</sup></b> <b>2024</b> 	<u><b>Breakfast</b></u> WG Pancakes Pears 1% low fat Milk <u><b>Lunch</b></u> Baked Ham Mashed Potatoes Green Beans WG Bread 1% low fat Milk <u><b>Snack</b></u> Graham Cracker Orange Juice	<u><b>TACO TUESDAY</b></u> <u><b>Breakfast</b></u> Oatmeal Blueberries 1% low fat milk <u><b>Lunch</b></u> Beef Tacos Mexican corn Cubed Mango WG Tortilla Wrap 1% low fat Milk <u><b>Snack</b></u> Cheez- its Applesauce	<u><b>Breakfast</b></u> Rice Krispies Orange Wedges 1% low fat Milk <u><b>Lunch</b></u> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk <u><b>Snack</b></u> Yogurt Crackers	<u><b>Breakfast</b></u> Cheese Grits Apricots 1% low fat Milk <u><b>Lunch</b></u> Oven Fried Chicken Steamed Cabbage Peaches Cornbread 1% Low fat Milk <u><b>Snack</b></u> Chex Mix Apple Juice	<u><b>Breakfast</b></u> WG Toast Banana 1% low fat Milk <u><b>Lunch</b></u> Chicken salad Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk <u><b>Snack</b></u> Sliced Cucumber w/ Dressing Grape Juice
<b>Week 2:</b> <b>Mar 4<sup>th</sup> – Mar 8<sup>th</sup></b> 	<u><b>Meatless Monday</b></u> <u><b>Breakfast</b></u> Oatmeal Pineapple Tidbits 1% low fat milk <u><b>Lunch</b></u> Grilled Cheese Sandwich Mixed Vegetables Pears 1% low fat Milk <u><b>Snack</b></u> Orange Juice Cheez-its	<u><b>Breakfast</b></u> Grits Mixed Fruit 1% low fat milk <u><b>Lunch</b></u> Chicken Spaghetti Peaches Green Peas WG Bread 1% low fat Milk <u><b>Snack</b></u> Chex Mix Grape Juice	<u><b>Breakfast</b></u> WG French Toast Blueberries 1% low fat milk <u><b>Lunch</b></u> Chef Salad Diced Ham Apricots WG Cracker 1% low fat Milk <u><b>Snack</b></u> Mangos Goldfish Cracker	<u><b>Breakfast</b></u> WG Cereal Banana 1% low fat milk <u><b>Lunch</b></u> Beef Patty w/ Gravy Brown Rice Green Beans Orange Slices 1% low Fat Milk <u><b>Snacks</b></u> Apple Juice Raisin Bread	<u><b>Breakfast</b></u> WG Pancakes Mixed Fruit 1% low fat milk <u><b>Lunch</b></u> Sloppy Joe Cole Slaw Pineapple Tidbits WW Bun 1% low fat milk <u><b>Snack</b></u> Graham Cracker Yogurt

## Head Start

<b>Breakfast:</b> <b>Time Served</b> <b>9:00 am- 9:30am</b> ½ cup Vegetables, Fruit, Or Both ½ oz Grains ½ pt. 1% low fat Milk Other Food	<b>Lunch:</b> <b>Time Served</b> <b>11:30 am- 12:00 pm</b> 1.5 oz. Meat or Alternate ¼ c. fruit ¼ c. vegetables (2 diff vegetables or 1 vegetable and 1 fruit) ½ oz bread/Grains ½ pt. 1% Fat Free Milk Other Foods	<b>Snack:</b> <b>Time Served</b> <b>2:00 pm -2:15 pm</b> (Two of the Five) ½ oz. Meat or Alternate ½ cup of Fruit or Fruit Juice ½ c. Vegetable ½ oz Grains Milk or Dairy
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## Early Head Start

<b>Breakfast:</b> <b>Time Served</b> <b>9:00 am- 9:30am</b> 1/4 cup Vegetables, Fruit, Or Both ½ oz Grains ½ pt 1% low fat Milk Other Food	<b>Lunch:</b> <b>Time Served</b> <b>11:30 am- 12:00 pm</b> 1 oz. Meat or Alternate 1/8 c. fruit 1/8 c. vegetables (2 diff vegetables or 1 vegetable and 1 fruit) ½ oz bread/Grains ½ pt. 1% Fat Free Milk Other Foods	<b>Snack: Time Served</b> <b>2:00 pm-2:15 pm</b> (Two of the Five) ½ oz. Meat or Alternate 1/2 c of Fruit or Fruit Juice 1/2 c. Vegetable ½ oz Grains Milk or Dairy
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	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 3:</b> <b>March</b> <b>18<sup>th</sup>-22<sup>nd</sup></b> 	<u><b>Meatless Monday</b></u> <u><b>Breakfast</b></u> WG Cereal Orange Wedges 1% Low Fat Milk <u><b>Lunch</b></u> Broccoli Rice & Cheese Casserole WG Bread Fruit cocktail 1% low fat Milk <u><b>Snack</b></u> Yogurt Sliced Apples	<u><b>TACO TUESDAY</b></u> <u><b>Breakfast</b></u> Oatmeal Blueberries 1% Low Fat Milk <u><b>Lunch</b></u> Chicken Tacos Mexican corn Apricots WG Tortilla 1% low fat milk <u><b>Snack</b></u> Graham Cracker Orange juice	<u><b>Breakfast</b></u> Cheese toast Diced Pears 1% Low Fat Milk <u><b>Lunch</b></u> Meatloaf Mashed Potatoes Green Beans WG Roll 1% low fat milk <u><b>Snack</b></u> Cheez-its White Grape Juice	<u><b>Breakfast</b></u> WG Waffles Banana 1% Low Fat Milk <u><b>Lunch</b></u> Sliced Ham Steamed Cabbage Apple Slices Cornbread 1% low fat Milk <u><b>Snacks</b></u> Turkey Wrap	<u><b>Breakfast</b></u> Grits Sliced Kiwi 1% Low Fat Milk <u><b>Lunch</b></u> Chicken tenders Mixed Vegetables Peaches WG Bread 1% low fat Milk <u><b>Snack</b></u> Chex Mix String cheese
<b>Week 4:</b> <b>March</b> <b>25-29<sup>th</sup></b> 	<u><b>Breakfast</b></u> WG cinnamon Toast applesauce 1% low fat milk <u><b>Lunch</b></u> Diced Chicken Salad mix Apricots WG Crackers 1% low fat milk <u><b>Snack</b></u> Mango Yogurt	<u><b>Breakfast</b></u> Grits Sliced Apples 1% low fat milk <u><b>Lunch</b></u> WG Spaghetti w/ Meat Sauce Green Beans Diced Pears 1% low fat milk <u><b>Snack</b></u> Melon Slices Cheez-its	<u><b>Breakfast</b></u> WG French Toast Pineapple tidbits 1% low fat Milk <u><b>Lunch</b></u> BBQ Pork Patty Collard Greens Sweet Potatoes Cornbread 1% low fat milk <u><b>Snack</b></u> Graham Cracker Orange Juice	<u><b>Breakfast</b></u> WG Cereal Banana 1% low fat Milk <u><b>Lunch</b></u> Beef Patty w/ Gravy Mandarin Oranges Mixed vegetables Brown Rice 1% low fat milk <u><b>Snack</b></u> Gold Fish Crackers Grape Juice	

## Head Start

<b>Breakfast:</b> <b>Time Served</b> <b>9:00 am- 9:30am</b> ½ cup Vegetables, Fruit Or Both ½ oz Grains 6 fl.oz 1% low fat Milk	<b>Lunch:</b> <b>Time Served</b> <b>11:30 am- 12:00 pm</b> 1.5 oz. Meat or Alternate ¼ c. fruit ¼ c. vegetables (2 diff vegetables or 1 vegetable and 1 fruit) ½ oz bread/Grains 6 fl. 1% or Fat Free Milk Other Foods	<b>Snack:</b> <b>Time Served</b> <b>2:00 pm -2:15 pm</b> (Two of the Five) ½ oz Meat or Alternate ½ cup of Fruit or Fruit Juice ½ c. Vegetable ½ oz Grains 4 fl. Milk or Dairy
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## Early Head Start

<b>Breakfast:</b> <b>Time Served</b> <b>9:00 am- 9:30am</b> 1/4 cup Vegetables, Fruit, Or Both ½ oz Grains ½ cup 1% Whole Mill Other Food	<b>Lunch:</b> <b>Time Served</b> <b>11:30 am- 12:00 pm</b> 1 oz. Meat or Alternate 1/8 c. fruit 1/8 c. vegetables (2 diff vegetables or 1 vegetable and 1 fruit) ½ oz bread/Grains 4 fl. oz 1% Whole Milk Other Foods	<b>Snack: Time Served</b> <b>2:00 pm-2:15 pm</b> (Two of the Five) 1/2 oz. Meat or Alternate 1/2 c of Fruit or Fruit Juice 1/2 c. Vegetable ½ oz Grains Whole Milk or Dairy
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