



**PALMYRA Head Start Menu
February 2012**

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		1. Day 6 Toasted Cheese Tomato Soup Green Beans Diced Pears 1/2 Pint Milk	2. Day 1 Hot Sicilian Sandwich w/ Marinara Sauce French Fries Petit Banana 1/2 Pint Milk	3. Day 2 Cheese Pizza Steamed Corn Garlic Toast Mixed Fruit 1/2 Pint Milk
6. Day 3 Cheeseburger on Bun Crinkle Cut Fries Apple 1/2 Pint Milk	7. Day 4 Grilled Chicken Club on Bun (Chicken, Bacon, & Cheese) Steamed Corn Cinnamon Applesauce 1/2 Pint Milk	8. Day 5 Soup & Sandwich Day Hot Ham & Cheese Chicken Noodle Soup Green Beans Pineapple Tidbits 1/2 Pint Milk	9. Day 6 Cheesy Beefy Nachos Hispanic Rice Lettuce & Tomato Cup Fruit Cocktail 1/2 Pint Milk	10. Day 1 Breaded Pork Patty Scallop Potatoes Dinner Roll Sliced Peaches 1/2 Pint Milk
13. Day 3 Chicken Nuggets French Fries Dinner Roll Orange Smiles 1/2 Pint Milk	14. Day 4 Valentine's Day Cheesesteak Quesadilla w/ Salsa Fiesta Corn Fruit Cocktail 1/2 Pint Milk	15. Day 5 Mac & Cheese Green Beans Bread Sticks Pineapple Tidbits 1/2 Pint Milk	16. Day 6 Italian Dunkers w/ Marinara Sauce Carrot Coins Cinnamon Applesauce 1/2 Pint Milk	17. Day 1 Cheese Pizza Tatar Tots Orange Smiles 1/2 Pint Milk
20. Day 2 Chicken Patty on Bun Steamed Corn Mixed Fruit 1/2 Pint Milk	21. Day 3 Sweet & Sour Popcorn Chicken White Rice Steamed Broccoli Diced Pears 1/2 Pint Milk	22. Day 4 Breakfast for Lunch French Toast Sticks Sausage Patty Potato Rounds Orange Smiles 1/2 Pint Milk	23. Day 5 Western Day Sloppy Joes on Bun Cowboy Cheese Fries Petit Banana 1/2 Pint Milk	24. Day 6 Baked Rigatoni (Pasta, Marinara, & Mozz Cheese) Side Salad Garlic Toast Glazed Apple Slices 1/2 Pint Milk
27. Day 1 Corndog Nuggets Broccoli & Cheese Diced Pears 1/2 Pint Milk	28. Day 2 Hot Turkey Sandwich w/ Gravy Mashed Potatoes Apple 1/2 Pint Milk	29. Day 3 Chicken Pot Pie Mixed Vegetable Slice of Bread Sliced Peaches 1/2 Pint Milk		

BREAKFAST MENU

Monday

Assorted Cereal w/
Toast

Tuesday

Sausage & Egg
Sandwich

Wednesday

Waffles

Thursday

Breakfast Chicken on
Biscuit

Friday

Ultimate Breakfast
Round

Daily Breakfast

Choices:

-Assorted Whole
Grain Cereals with
Toast

-Variety of Fresh
Bagels

-Hot Entrée

All breakfasts
served with
Fruit and
Low Fat Milk

Menu

Subject to Change

Breakfast Prices

\$1.10- paid breakfast
\$.30- reduced breakfast

Lunch Prices

\$1.90- paid lunch
\$.40- reduced lunch

Food Service Director
Alaina Avery
Email: alaina_avery@pasd.us

Available Daily at Lunch: Fresh Fruit, Carrot or Celery Sticks, Tossed Salad
Milk Choices: Skim, 1% Low fat, Nonfat Flavored Milk & Alternate Choices for Eligible Students



www.getnutrition.com

