

NATIGHTIOCHES PARISH

BREAKFAST Menus for K-12th February 2020

Menus are subject to change without notice due to challenges in delivery or availability.

3	Waffles Applesauce Juice Milk Choice	4	Cinnamon Toast Oatmeal Peaches Juice Milk Choice	5	Biscuit Ham Mandarin Oranges Juice Milk Choice	6	Buttered Toast Scrambled Eggs Mixed Fruit Juice Milk Choice	7	French Toast Sticks Pears Juice Milk Choice
10	Choice of Muffin Pears Juice Milk Choice	11	French Toast Sticks Strawberries Juice Milk Choice	12	Sausage Roll Applesauce Juice Milk Choice	13	Biscuit Ham Mixed Fruit Juice Milk Choice	14	Pop Tarts Peaches Juice Milk Choice
17	Breakfast Pizza Mandarin Oranges Juice Milk Choice	18	Breakfast Burrito Pears Juice Milk Choice	19	Cheese Toast Mixed Fruit Juice Milk Choice	20	Pancake on a Stick Peaches Juice Milk Choice	21	French Toast Sticks Applesauce Juice Milk Choice
24		25		26		27		28	



Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (VOICE). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer".

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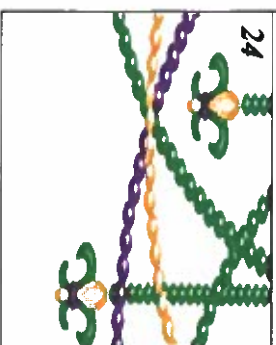
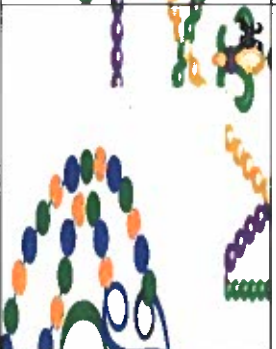
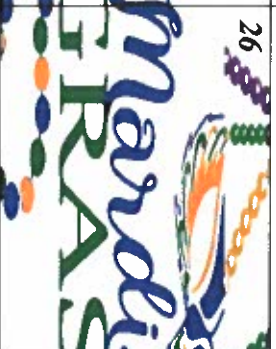

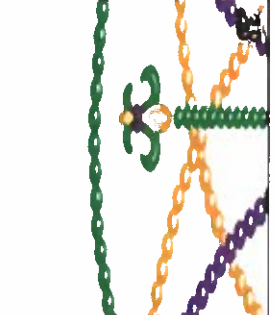
<p>3 <i>Breaded Steak Fingers</i> <i>Mashed Potatoes w/Gravy</i> <i>Steamed Carrots</i> <i>Strawberries</i> <i>WG Roll</i> <i>Choice of Milk</i></p>	<p>4 <i>Chili Dog on Bun</i> <i>Cheesy Broccoli</i> <i>Bake Beans</i> <i>Pineapples</i> <i>Choice of Milk</i></p>	<p>5 <i>Ham & Cheese Sandwich</i> <i>French Fries</i> <i>Salad Cup</i> <i>Fresh Apples</i> <i>Choice of Milk</i></p>	<p>6 <i>Beef Gravy & Rice</i> <i>Glazed Carrots</i> <i>California Vegetables</i> <i>Mandarin Oranges</i> <i>WG Roll</i> <i>Choice of Milk</i></p>	<p>7 <i>Frito Pie</i> <i>Corn</i> <i>Refried Beans</i> <i>Peaches</i> <i>Cookie</i> <i>Choice of Milk</i></p>
<p>10 <i>Breaded Chicken Pattie</i> <i>Mashed Potatoes & Gravy</i> <i>Seasoned Green Beans</i> <i>Mixed Fruit</i> <i>WG Roll</i> <i>Choice of Milk</i></p>	<p>11 <i>Beans w/Ham & Rice</i> <i>Turnip Greens</i> <i>Sweet Potatoes</i> <i>Baked Cinnamon Apples</i> <i>Cornbread</i> <i>Choice of Milk</i></p>	<p>12 <i>BBQ Rib Patty on Bun</i> <i>French Fries</i> <i>Salad Cup</i> <i>Pineapples</i> <i>Choice of Milk</i></p>	<p>13 <i>Beef Pattie w/Gravy</i> <i>Steamed Rice</i> <i>Steamed Broccoli</i> <i>Orange Glazed Carrots</i> <i>Peaches</i> <i>WG Roll</i> <i>Choice of Milk</i></p>	<p>14 <i>Chili Crispio</i> <i>Refried Beans</i> <i>Seasoned Corn</i> <i>Strawberries</i> <i>Cookie</i> <i>Choice of Milk</i></p>
<p>17 <i>Nachos</i> <i>Refried Beans</i> <i>Baby Carrots</i> <i>Peaches</i> <i>Choice of Milk</i></p>	<p>18 <i>Jambalaya</i> <i>Garden Salad</i> <i>Broccoli & Cheese</i> <i>Mixed Fruit</i> <i>WG Roll</i> <i>Milk Choice</i></p>	<p>19 <i>Deft Sandwich</i> <i>French Fries</i> <i>Salad Cup</i> <i>Pineapples</i> <i>Choice of Milk</i></p>	<p>20 <i>Spaghetti w/Meat sauce</i> <i>Green Beans</i> <i>Garden Salad</i> <i>Pears</i> <i>Breadsticks</i> <i>Choice of Milk</i></p>	<p>21 <i>Pizza</i> <i>Seasoned Corn</i> <i>California Vegetables</i> <i>Orange Wedges</i> <i>Cookie</i> <i>Choice of Milk</i></p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>



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BREAKFAST Menus for Head Start February 2020

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3	Waffle Applesauce Unflavored 1% Milk	4	Cinnamon Toast Oatmeal Peaches Unflavored 1% Milk	5	Biscuit Ham Mandarin Oranges Unflavored 1% Milk	6	Buttered Toast Scrambled Eggs Mixed Fruit Unflavored 1% Milk	7	French Toast Sticks Pears Unflavored 1% Milk
10	Choice of Muffin Pears Unflavored 1% Milk	11	French Toast Sticks Strawberries Unflavored 1% Milk	12	Honey Nut Cheerios Applesauce Unflavored 1% Milk	13	Biscuit Ham Mixed Fruit Unflavored 1% Milk	14	Yogurt Peaches Unflavored 1% Milk
17	Breakfast Pizza Mandarin Oranges Unflavored 1% Milk	18	Breakfast Burrito Pears Unflavored 1% Milk	19	Cheese Toast Mixed Fruit Unflavored 1% Milk	20	Honey Nut Cheerios Peaches Unflavored 1% Milk	21	French Toast Sticks Applesauce Unflavored 1% Milk
24		26		27		28		29	

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<p>3 Breaded Steak Fingers Mashed Potatoes w/Gravy Steamed Carrots Strawberries WG Roll Choice of Milk</p>	<p>4 Breaded Chicken Pattie Cheesy Broccoli Bake Beans Pineapples Choice of Milk</p>	<p>5 Ham & Cheese Sandwich French Fries Salad Cup Fresh Apples Choice of Milk</p>	<p>6 Beef Gravy & Rice Glazed Carrots California Vegetables Mandarin Oranges WG Roll Choice of Milk</p>	<p>7 Frito Pie Corn Refried Beans Peaches Choice of Milk</p>
<p>10 Breaded Chicken Pattie Mashed Potatoes & Gravy Seasoned Green Beans Mixed Fruit WG Roll Choice of Milk</p>	<p>11 Beans w/Ham & Rice Turnip Greens Sweet Potatoes Baked Cinnamon Apples Cornbread Choice of Milk</p>	<p>12 BBQ Rib Patty on Bun French Fries Salad Cup Pineapples Choice of Milk</p>	<p>13 Beef Pattie w/Gravy Steamed Rice Steamed Broccoli Orange Glazed Carrots Peaches WG Roll Choice of Milk</p>	<p>14 Chili Chispito Refried Beans Seasoned Corn Strawberries Choice of Milk</p>
<p>17 Nachos Refried Beans Baby Carrots Peaches Choice of Milk</p>	<p>18 Jambalaya Garden Salad Broccoli & Cheese Mixed Fruit WG Roll Milk Choice</p>	<p>19 Deli Sandwich French Fries Salad Cup Pineapples Choice of Milk</p>	<p>20 Spaghetti w/Meatsauce Green Beans Garden Salad Pears Breadsticks Choice of Milk</p>	<p>21 Pizza Seasoned Corn California Vegetables Orange Wedges Choice of Milk</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>



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