



February 2019

Early Head Start, Head Star, & CD BIC/Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
				1 Mini Blueberry Muffin Vanilla Yogurt Dried Fruit
4 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	5 Blueberry Pancakes Applesauce (EHS) Red Apple (HS/CD)	6 Plain Cheerios Strawberry Banana Yogurt Raisins	7 Breakfast Grilled Cheese Mandarin Oranges (EHS) Gala Apple (HS/CD)	8 Banana Muffin Vanilla Yogurt Dried Fruit
11 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	12 French Toast Sticks Applesauce (EHS) Red Apple (HS/CD)	13 Blueberry Muffin Strawberry Banana Yogurt Raisins	14 Happy Valentine's Day!  Cinnamon Pancakes Mandarin Oranges (EHS) Gala Apple (HS/CD)	15  No School For Students
18 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	19 Breakfast Grilled Cheese Applesauce (EHS) Red Apple (HS/CD)	20 Plain Cheerios Strawberry Banana Yogurt Raisins	21 French Toast Sticks Mandarin Oranges (EHS) Gala Apple (HS/CD)	22 Mini Blueberry Muffin Vanilla Yogurt Dried Fruit
25 Cinnamon Chex (GF) Cheesestick Diced Pears (EHS) Pear (HS/CD)	26 Blueberry Pancakes Applesauce (EHS) Red Apple (HS/CD)	27 Plain Cheerios Strawberry Banana Yogurt Raisins	28 Breakfast Grilled Cheese Mandarin Oranges (EHS) Gala Apple (HS/CD)	

Formula/breast milk, baby food, baby cereal, & transitional foods provided upon request.

Milk served daily with lunch.
 1-2 year old Whole White Milk
 2-5 years White Skim Milk

Grits and Egg Bowl served at participating locations each Wednesday.
 (Not available in BIC schools)



GF –Gluten Free
 EHS –Early Head Start
 HS/CD Head Start/ Child Development

**Nutrition Services
 Charleston County
 School District**

843-566-8180

www.ccsdschools.com

Fat free white and chocolate milk and a variety of fresh seasonal fruits are offered daily in addition to the items listed.

CCSD is an equal opportunity provider and employer.

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