



# February 2019 Early Head Start, Head Start, & CD Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
				<b>1</b> Chopped Sausage & Waffles (EHS) Sausage & Waffles (HS/CD) Steamed Carrots Applesauce (EHS) Pear (HS/CD)
<b>4</b> Chopped Ham & Cheese on WG Hamburger Bun (EHS) Ham & Cheese on WG Hamburger Bun (HS/CD) Steamed Broccoli Pineapple Tidbits (EHS) Granny Smith Apple (HS/CD)	<b>5</b> Grilled Cheese Baked Beans Mandarin Oranges (EHS) Raisins (HS/CD)	<b>6</b> Beef Nacho Meat w/ Soft Tortilla Wedges (EHS) Beef Nachos (HS/CD) Steamed Corn Banana (EHS) Orange (HS/CD)	<b>7</b> Chopped Chicken & Waffles (EHS) Chicken & Waffles (HS/CD) Steamed Green Beans Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	<b>8</b> Lowcountry Breakfast Bowl (Grits, Scrambled Eggs, & Bacon) Steamed Carrots Diced Pears (EHS) Pear (HS/CD)
<b>11</b> Shredded Pork BBQ w/ ½ WG Breadstick (EHS) BBQ Pulled Pork on WG Bun (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	<b>12</b> Chopped Cheese Quesadilla (EHS) Cheese Quesadilla (HS/CD) Steamed Green Beans Mandarin Oranges (EHS) Raisins (HS/CD)	<b>13</b> Chopped Orange Chicken (EHS) Orange Chicken (HS/CD) Brown Rice Steamed Carrots Pineapple Tidbits (EHS) Orange (HS/CD)	<b>14</b> <b>Happy Valentine's Day!</b>  Chopped Salisbury Steak (EHS) Salisbury Steak (HS/CD) WG Texas Toast Mashed Potatoes Applesauce (EHS) Zee Zee's Dried Fruit (HS/CD)	<b>15</b>  <b>No School For Students</b>
<b>18</b> Chopped Cheeseburger (EHS) Cheeseburger (HS/CD) Baked Beans Banana (EHS) Granny Smith Apple (HS/CD)	<b>19</b> Chopped Meatball Marinara (EHS) Meatball Marinara (HS/DC) Rotini Pasta Steamed Green Beans Diced (EHS) Raisins (HS/CD)	<b>20</b> Chicken Bacon Rotini Steamed Corn Mandarin Oranges (EHS) Orange (HS/CD)	<b>21</b> Homemade Macaroni & Cheese Steamed Broccoli Pineapple Tidbits (EHS) Zee Zee's Dried Fruit (HS/CD)	<b>22</b> Chopped Sausage & Waffles (EHS) Sausage & Waffles (HS/CD) Steamed Carrots Applesauce (EHS) Pear (HS/CD)
<b>25</b> Chopped Ham & Cheese on WG Hamburger Bun (EHS) Ham & Cheese on WG Hamburger Bun (HS/CD) Steamed Broccoli Pineapple Tidbits (EHS) Granny Smith Apple (HS/CD)	<b>26</b> Grilled Cheese Baked Beans Mandarin Oranges (EHS) Raisins (HS/CD)	<b>27</b> Beef Nacho Meat w/ Soft Tortilla Wedges (EHS) Beef Nachos (HS/CD) Steamed Corn Banana (EHS) Orange (HS/CD)	<b>28</b> Chopped Chicken & Waffles (EHS) Chicken & Waffles (HS/CD) Steamed Green Beans Applesauce (EHS) Zee Zee's Dried Fruit (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

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](http://www.ccsdschools.com)