

SETA HEAD START MENU

February 2026

"This institution is an equal opportunity provider"

"Bread products are whole grain and sliced meats are processed."

Monday

2	Breakfast Week 3
	Milk, Low Fat 1% Cheerios Cereal Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1% Apple, fresh Green Peas Macaroni & Cheese Watermelon, fresh or
	<u>Snack</u>
	Crackers, Ritz Whole Wheat Pears

Tuesday

3	Breakfast Week 3
	Milk, Low Fat 1% Applesauce Waffles, sticks
	<u>Lunch</u>
	Milk, Low Fat 1% Beef Ravioli Spinach Salad Oranges, fresh Wheat Breadsticks
	<u>Snack</u>
	Apple Slices, fresh Sun Butter

Wednesday

4	Breakfast Week 3
	Milk, Low Fat 1% Whole Wheat Biscuit Peaches
	<u>Lunch</u>
	Milk, Low Fat 1% Cantaloupe, fresh Fiesta Beans Muffin, Corn Bread
	<u>Snack</u>
	Milk, Low Fat 1% Strawberry Chex

Thursday

5	Breakfast Week 3
	Milk, Low Fat 1% Banana, fresh Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1% Carrot, fresh Chicken Salad Strawberries, fresh or Tangerine, fresh or Wheat Ciabatta Bread
	<u>Snack</u>
	Crackers, Dick & Jane Pineapple, tidbits

Friday

6	Breakfast Week 3
	Milk, Low Fat 1% Muffin, Banana Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1% Apricots Swiss American Cheese Tortilla, Whole Wheat Zucchini sticks
	<u>Snack</u>
	Milk, Low Fat 1% Raisin Bran Cereal

9 Breakfast Week 4

	Milk, Low Fat 1% Apple, fresh Rice Chex Cereal
	<u>Lunch</u>
	Milk, Low Fat 1% Beef, Hamburger Corn Oranges, fresh Whole Wheat Bun
	<u>Snack</u>
	Crackers, Dick & Jane Peaches

10 Breakfast Week 4

	Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1% Apricots Coleslaw Salad Tortilla, Whole Wheat Turkey & Cheese Roll up
	<u>Snack</u>
	Milk, Low Fat 1% Cinnamon Chex Cereal

11 Breakfast Week 4

	Milk, Low Fat 1% Oatmeal Cereal Pears
	<u>Lunch</u>
	Milk, Low Fat 1% Cheese Enchilada with Sauce Romaine Lettuce Salad Oranges, fresh
	<u>Snack</u>
	Carrot, fresh Crackers, Wheat Twins Hummus

12 Breakfast Week 4

	Milk, Low Fat 1% Apricots French Toast Sticks
	<u>Lunch</u>
	Milk, Low Fat 1% Beans Refried Cheddar Cheese Mangoes Tomato Salsa Tomato, diced Tortilla, Whole Wheat
	<u>Snack</u>
	Craisins - Dried Cranberries Cheese Sticks

13 Breakfast Week 4

	Milk, Low Fat 1% Apple, fresh Muffin, Apple Cinnamon
	<u>Lunch</u>
	Milk, Low Fat 1% Cantaloupe, fresh Carrot, fresh Crackers, Ritz Whole Wheat Tuna Salad
	<u>Snack</u>
	Milk, Low Fat 1% Crackers, Animal Crackers

16 Breakfast Week 5

	NO CLASSES NO CLASSES NO CLASSES
	<u>Lunch</u>
	NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES NO CLASSES
	<u>Snack</u>
	NO CLASSES NO CLASSES

17 Breakfast Week 5

	Milk, Low Fat 1% Apple, fresh Cheerios Cereal
	<u>Lunch</u>
	Milk, Low Fat 1% Whole Wheat Bread Carrot, fresh Mangoes Turkey Sliced
	<u>Snack</u>
	Milk, Low Fat 1% Kix

18 Breakfast Week 5

	Milk, Low Fat 1% Whole Wheat Biscuit Peaches
	<u>Lunch</u>
	Milk, Low Fat 1% Beef, Salisbury Steak & Gravy Mashed Potatoes Whole Grain Buns Strawberries, fresh or Tangerine, fresh or
	<u>Snack</u>
	Crackers, Dick & Jane Juice 100%

19 Breakfast Week 5

	Milk, Low Fat 1% Oatmeal Cereal Pineapple, tidbits Raisins
	<u>Lunch</u>
	Milk, Low Fat 1% Apricots Romaine Lettuce Salad Spaghetti Casserole (turkey)
	<u>Snack</u>
	Milk, Low Fat 1% Strawberry Chex

20 Breakfast Week 5

	Milk, Low Fat 1% Muffin, Banana Oranges, fresh
	<u>Lunch</u>
	Milk, Low Fat 1% Banana, fresh Broccoli, fresh Chicken Salad Crackers, Wheat Twins
	<u>Snack</u>
	Milk, Low Fat 1% Rice Chex Cereal

23 Breakfast Week 1

	Milk, Low Fat 1% Pancakes Pears
	<u>Lunch</u>
	Milk, Low Fat 1% Carrot, fresh Lemon Pepper Chicken Oranges, fresh Tortilla, Whole Wheat
	<u>Snack</u>
	Applesauce Crackers, Goldfish

24 Breakfast Week 1

	Milk, Low Fat 1% Apricots Raisin Bran Cereal
	<u>Lunch</u>
	Milk, Low Fat 1% American Cheese Apple, fresh Whole Wheat Bread Celery Sticks Watermelon, fresh or
	<u>Snack</u>
	Milk, Low Fat 1% Strawberry Chex

25 Breakfast Week 1

	Milk, Low Fat 1% Whole Wheat Biscuit Peaches
	<u>Lunch</u>
	Milk, Low Fat 1% Burrito Cheddar Cheese Romaine Lettuce Refried Beans Strawberries, fresh or Tangerine, fresh or Tomato, diced Tortilla, Whole Wheat
	<u>Snack</u>
	Craisins - Dried Cranberries Cheese Sticks

26 Breakfast Week 1

	Milk, Low Fat 1% Pineapple, tidbits Whole Wheat Bagel
	<u>Lunch</u>
	Milk, Low Fat 1% Oranges, Mandarin Spanish Rice & Chicken Zucchini sticks
	<u>Snack</u>
	Apple Slices, fresh Sun Butter

27 Breakfast Week 1

	Milk, Low Fat 1% Banana, fresh Muffin, Apple Cinnamon
	<u>Lunch</u>
	Milk, Low Fat 1% Whole Wheat Bread Cantaloupe, fresh Cauliflower, fresh Tuna Salad
	<u>Snack</u>
	Milk, Low Fat 1% Cinnamon Chex Cereal