
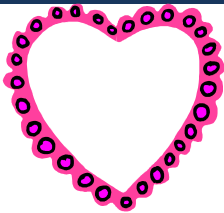









TOWNSEND HEAD START MENU

FEBRUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>-1- PEANUT BUTTER PANCAKES APPLE SLICES, MILK +++ POLISH SAUSAGE STEAMED POTATOES, GREEN BEANS WHOLE GRAIN ROLL/ BREAD, PEACHES, MILK</p>	<p>-2- YOGURT, CHERRIOS, GRAPES, MILK +++ CABBAGE ROLLS MASHED POTATOES PARSLEY CARROTS, APPLESAUCE, WHOLE GRAIN ROLL/ BREAD MILK</p>	
<p>-6- YOGURT, FRENCH TOAST MIXED FRUIT, MILK +++ BREADED VEAL, MASHED POTATOES GREEN BEANS, WHOLE GRAIN ROLL/ BREAD, PEACHES, MILK</p>	<p>-7- CHEESE STICKS, CRISP X CEREAL BANANA, MILK +++ SLOPPY JOES ON A BUN KEY LARGO VEGETABLES COLESLAW, GOLDEN PEARS MILK</p>	<p>-8- BAGELS, CREAM CHEESE ORANGE WEDGES, MILK +++ ROAST PORK MASHED POTATOES, PEAS & CARROTS APPLESAUCE, WHOLE GRAIN BREAD MILK</p>	<p>-9- HARD BOILED EGGS, CORN FLAKES APPLE SLICES, MILK +++ BEEF STEW CARROT RAISIN SALAD BISCUITS, PINEAPPLE MILK</p>	
<p>-13- CHEESE STICKS, CHERIOS BANANAS, MILK +++ CHICKEN FRIED STEAK STEAMED POTATOES, CAPRI VEGETABLES, WHOLE GRAIN ROLL/ BREAD, APRICOTS, MILK</p>	<p>-14- TOAST, PEANUT BUTTER ORANGE WEDGES, MILK +++ ROAST BEEF MASHED POTATOES GINGER CARROTS, TOSSED SALAD WHOLE GRAIN ROLL/BREAD, MILK</p>	<p>-15- YOGURT, CRISP X MIXED FRUIT, MILK +++ SPAGHETTI WITH MEAT SAUCE BROCCOLI, GARDEN SALAD GARLIC BREAD MANDARIN ORANGES, MILK</p>	<p>-16- BAGELS, CREAM CHEESE & JELLY PEARS, MILK +++ FRENCH TOAST, BACON SCRAMBLED EGGS, KEY LARGO VEGGIES APPLESAUCE, MILK</p>	
<p>-20- CLOSED PRESIDENT'S DAY</p> 	<p>-21- WAFFLES, PINEAPPLE, YOGURT, MILK +++ MEATLOAF STEAMED POTATOES GOLDEN CORN, COLESLAW PINEAPPLE, WHOLE GRAIN BREAD MILK</p>	<p>-22- CORN FLAKES, CHEESE STICKS SLICED APPLES, MILK +++ BAKED PORK CHOPS MASHED POTATOES, RAW VEGETABLES MIXED FRUIT, WHOLE GRAIN BREAD MILK</p>	<p>-23- TOAST, PEANUT BUTTER ORANGE WEDGES, MILK +++ CHILI WITH BEANS CHEESE SLICES CARROT RAISIN SALAD CORN BREAD, MILK</p>	
<p>-27- BAGELS, CREAM CHEESE BANANAS, MILK +++ BEEF STROGONOFF NOODLES PEAS & CARROTS APRICOTS, MILK</p>	<p>-28- CHEERIOS, YOGURT SLICED APPLES, MILK +++ BAKED CHICKEN MASHED POTATOES, CAPRI VEGGIES GARDEN SALAD, CRANBERRIES WHOLE GRAIN BREAD MILK</p>	<p>-29- SCRAMBLED EGGS, TOAST ORANGE WEDGES, MILK +++ SALISBURY STEAK STEAMED POTATOES GOLDEN CORN, CABBAGE SLAW WHOLE GRAIN BREAD, PINEAPPLE MILK</p>		

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This menu has been reviewed and approved by a Registered Dietitian, Lin Pasch, R.D., *Lin Pasch, R.D.*