

Early Head Start & Head Start Meal Menu

February 2018

Makwa-giizis: Bear Moon

Whole Wheat Banana

Bread Recipe

Ingredients:

- 1 ¼ cup flour
- ½ cup whole wheat flour
- 1 tsp baking soda
- ¼ tsp salt
- ¼ cup vegetable oil
- ½ cup sugar
- 1 egg
- 1 cup very ripe mashed bananas, about 3
- 1 tsp vanilla
- ½ cup Chopped walnuts, optional

Directions:

- Heat oven to 350°. Coat an 8 x 4 inch pan with nonstick cooking spray.
- Mix flours, baking soda, and salt in a large bowl.
- Mix oil, sugar, and egg together in a separate bowl. Add to flour mixture and stir to combine.
- Stir in bananas, vanilla, and nuts.
- Pour into prepared pan. Bake for 45 minutes, until a toothpick inserted comes out clean.

Tips: Cooking with Kids

1. Take your time, be patient
2. Expect a lot of mess
3. Teach children about food hygiene
4. Talk through the recipe
5. Make it fun:)



1

Breakfast:

Blueberries
Waffles
Milk

Lunch:

Ham Roast
Bread
Sweet Potatoes
Pears
Milk

Snack:

Golden Apple Slices
Applesauce
Mozzarella Cheese
Water

2

NO
SCHOOL

5

Breakfast:

Multi-grain Cheerios
Banana
Milk

Lunch:

Tortilla Taco's
Applesauce
Milk

Snack:

Broccoli
Cauliflower
Ranch Dip
Water

6

Breakfast:

Potatoes O'Brien
Boiled Egg
Milk

Lunch:

Oven-baked Parmesan chicken.
Wild Rice

Snack:

Brussel Sprouts
Cantaloupe
Milk
Toast
Sunbutter
Water

7

Breakfast:

Corn Chex
Pears
Milk

Lunch:

Hamburgers
Sweet Potato-Waffle
Fries
Watermelon/Apricots
Milk

Snack:

Tropical Fruit Salad
w/Cool-Whip
Cheddar Cheese Stick
Water

8

Breakfast:

Pancakes
Blueberries
Milk

Lunch:

Chicken Tenders
Baby Baker Potatoes
Squash
BBQ sauce
Milk

Snack:

Cucumbers
Carrots
Crackers
Ranch Dip
Water

9

Breakfast:

Kix
Mixed Berries
Milk

Lunch:

Mashed Potatoes
Meatballs
Gravy
Carrots
Dinner Roll
Milk

Snack:

Applesauce
Cheddar Marble -
Cheese-stick
Water

Milk is served everyday with breakfast and lunch

1 % Milk is served to children 2- 5 years old; Whole Milk is served to children 1 - 2 years old

12
Breakfast:
 Orange slices
 Cheerios
 Milk
Lunch:
 Roast Beef
 Mashed Potatoes
 Bun
 Asparagus
 Tropical Fruit
 Milk
Snack:
 Cheese Quesadilla
 Plums
 Water

13
Breakfast:
 Breakfast Pizza
 Strawberries
 Milk
Lunch:
 Boiled Dinner
 Fruit Cocktail
 Crackers
 Milk
Snack:
 Vanilla Yogurt
 Muscle Mix (granola)
 Water

14 *Happy Valentines Day* 
Breakfast:
 Mini Wheats Frosted
 Pears
 Milk
Lunch:
 Chicken Burrito Bowl
 Golden Apples (HS)
 Applesauce (EHS)
 Milk
Snack:
 Strawberry/Cheese Bagels
 Mixed Fruit
 Water

15
Breakfast:
 Orange Juice
 Egg&Cheese Omelet
 Milk
Lunch:
 Sloppy Joe
 Honey Dew
 French Fries
 Milk
Snack:
 Multi-Grain Cheerios
 Blueberries
 Milk

16
NO SCHOOL

19
NO SCHOOL

PRESIDENTS DAY

20
Breakfast:
 Oatmeal
 Blueberries
 Cinnamon/Raisin Toast
 Milk
Lunch:
 Grilled Chicken Wrap
 Cantaloupe
 Milk
Snack:
 Pretzel
 Cheddar Cheese Stick
 Water

21
Breakfast:
 Rice Krispies
 Mangos
 Milk
Lunch:
 Chili
 Corn Muffins
 Peas
 Golden Apples (HS)
 Applesauce (EHS)
 Milk
Snack:
 Mixed Berry Grahams
 Mandarin Oranges
 Water

22
Breakfast:
 English Muffin
 Butter & Jelly
 Pears
 Milk
Lunch:
 Tomato Soup
 Toasted ham & Cheese sandwich
 Fruit Cocktail
 Milk
Snack:
 Kiwi/Strawberries
 Vanilla Yogurt
 Water

23
Breakfast:
 Kix
 Peaches
 Milk
Lunch:
 Hamburgers
 Carrots
 Sweet Potato-Wedges
 Milk
Snack:
 Goldfish Crackers
 Pineapple tidbits
 Water

26
Breakfast:
 Egg&Cheese Omelet
 Hash Browns
Lunch:
 Pizza
 Garden Salad
 Mango Fruit
 Milk
Snack:
 Bosco Stick
 Tropical Fruit
 Water

27
Breakfast:
 Orange Juice
 Chocolate Malt-o-meal
 Toast
 Milk
Lunch:
 Breaded Chicken Drumsticks
 Brown Rice
 Broccoli & Honey Dew
 Milk
Snack:
 Banana
 Boiled Egg
 Water

28
Breakfast:
 Strawberries
 Frosted Mini Wheats
 Milk
Lunch:
 Spaghetti
 Garlic Bread
 Green Beans
 Pineapple
 Milk
Snack:
 Animal Crackers
 Carrot Sticks
 Water

Anishinaabemowin
words of the month:
Ode'imin- Strawberry
okaadaak- Carrot
Zaagi'- Love someone

National Food Days:

February 3rd

- National Carrot Day



February 9th

- National Pizza Day



February 23rd

- National Banana Bread Day



February 27th

- National Strawberry Day

