

Head Start Menu 2yrs

Week of: 8/26, 9/22, 10/20, 11/17

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	¼ Rice Krispies ¼ Bananas Milk	½ Bagel WG ¼ Blueberries Cream cheese Milk	½ Slice Wheat Toast ¼ Peaches(diced) Milk	½ Blueberry Muffin ¼ Pears (diced) Milk	½ waffle WG ¼ Unsweetened Applesauce Milk
Lunch	Chicken Alfredo WG pasta 1/8 Green Beans 1/8 Peaches ½ Garlic Bread Milk	¼ Pinto Beans 1/8 Brown Rice 1/8 Mandarin 1/8 Oranges ½ Cornbread Milk	½ Turkey Burger 1/8 Oven Fries 1/8 Broccoli 1/8 Strawberries diced Milk	1oz Chicken Fajita Lettuce Salad 1/8 tomatoes 1/8 Peaches 1 Flour Tortilla Milk	½ slice Meatloaf 1/8 Green Peas 1/8 Apples ½ bread stick Milk
Snack	½ mini Pretzel 1 fruit Cup Mariana Cup Water	¼ Apples Slices 1 Tbsp WOW Butter Water	1 Cheez-It WG ¼ Bananas Milk	½ Yogurt –Plain ¼ Cheerios WG ¼ Peaches diced Water	1-String Cheese Apple Juice

Food Group: G/B: Grain/Bread F/V: Fruit/Vegetable M/MA: Meat/Meat Alternate

NOTE: Milk served will be whole milk up to age 2 and 1% low fat for ages 2-5

A Snack must be made available at all times for Preschool for All during Center Choice time



Maria Pepito RD, LDN

08/22/2019

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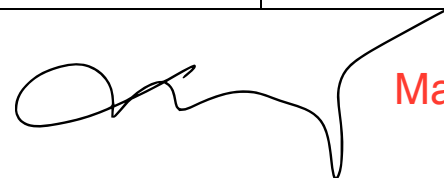
Week of: 9/1, 9/29, 10/27, 11/24

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	¼ Corn Chex ¼ Peaches Milk	2- French Toast Sticks WG ¼ Applesauce Milk	½ Biscuit ¼ Orange Jam Milk	¼ Oatmeal WG 1 Fruit Cup Milk	¼ Cornflakes 1 fruit Cup Milk
Lunch	Grilled Chicken (1.5 oz)Salad 1/8 Broccoli Soup 1/8 Mandarin Oranges ½ Garlic Bread Milk	1-Turkey Sausage 1/8 Eggs 1/8 Blueberries 1/8 broccoli bites ½ Wheat Toast Milk	3 Chicken Nuggets 1/8 California Blend 1/8 Mixed Fruit ½ Dinner Roll WG Milk	Grilled Cheese 1/8 Veggie Soup 1/8 Tropical Fruit Milk	1oz Baked Chicken 1/8 spinach 1/8 pears ½ Garlic Bred Milk
Snack	½ Apple Cinnamon Muffin WG 1 Fruit Cup Water	½ Cucumbers Ranch packet 1 Fruit cup Water	Rice Krispie WG ¼ Blueberries Orange Juice	¼ Celery Sticks 2Tbsp Wow Butter Water	½ mini bagel WG Cream Cheese ¼ apple sauce Water

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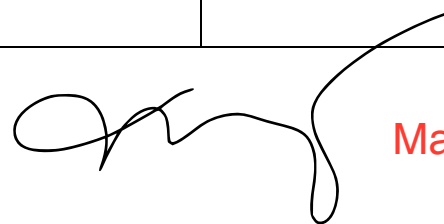
Week of: 9/8, 10/6, 11/3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	¼ Rice Krispies ¼ Bananas Milk	½ Bagel WG ¼ Blueberries Cream cheese Milk	½ Slice Wheat Toast ¼ Peaches(diced) Milk	½ Blueberry Muffin ¼ Pears (diced) Milk	½ waffle WG ¼ Unsweetened Applesauce Milk
Lunch	Chicken Alfredo WG 1/8 Green Beans 1/8 Peaches ½ Garlic Bread Milk	¼ Pinto Beans 1/8 Brown Rice 1/8 Mandarin 1/8 Oranges ½ Cornbread Milk	½ Turkey Burger 1/8 Oven Fries 1/8 Broccoli 1/8 Strawberries diced Milk	1oz Chicken Fajita Lettuce Salad 1/8 tomatoes 1/8 Peaches 1 Flour Tortilla Milk	½ slice Meatloaf 1/8 Green Peas 1/8 Apples ½ bread stick Milk
Snack	½ mini Pretzel-soft 1 fruit Cup Mariana Cup Water	¼ Apples Slices 1 Tbsp WOW Butter Water	1 Cheez-It WG ¼ Bananas Milk	½ Yogurt –Plain ¼ Cheerios WG ¼ Peaches diced Water	1-String Cheese Apple Juice

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Week of: 9/15, 10/13, 11/10

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	¼ Corn Chex ¼ Peaches Milk	2- French Toast Sticks WG ¼ Applesauce Milk	½ Biscuit ¼ Orange Jam Milk	¼ Oatmeal WG 1 Fruit Cup Milk	¼ Cornflakes 1 fruit Cup Milk
Lunch	Grilled Chicken (1.5 oz)Salad 1/8 Broccoli Soup 1/8 Mandarin Oranges ½ Garlic Bread Milk	1-Turkey Sausage 1/8 Eggs 1/8 Blueberries ½ Wheat Toast Milk	3 Chicken Nuggets 1/8 California Blend 1/8 Mixed Fruit ½ Dinner Roll WG Milk	Grilled Cheese 1/8 Veggie Soup 1/8 Tropical Fruit Milk	1oz Baked Chicken 1/8 spinach 1/8 pears ½ Garlic Bred Milk
Snack	½ Apple Cinnamon Muffin WG 1 Fruit Cup Water	½ Cucumbers Ranch packet 1 Fruit cup Water	Rice Krispie WG ¼ Blueberries Orange Juice	¼ Celery Sticks 2Tbsp Wow Butter Water	½ mini bagel WG Cream Cheese ¼ apple sauce Water

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