

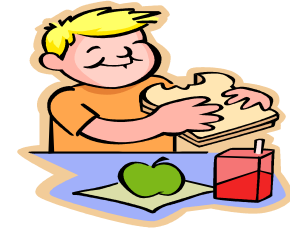


Community Services Head Start 2018/2019 Menu

Cycle One

+ MEANS A GOOD SOURCE OF VITAMIN A

* MEANS A GOOD SOURCE OF VITAMIN C



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	EGG PATTY 1/2 C PEACHES 1/2 PT 1% MILK	1/2 OF WHOLE GRAIN BAGEL 1/2 C PEARS 1/2 PT 1% MILK	1/2 GRILLED CHEESE SANDWICH 1/2 C FRESH FRUIT 1/2 PT 1% MILK	PANCAKE ON A STICK ** 1/2 C ORANGE WEDGES* 1/2 PT 1% MILK	1 OZ WAFFLE STICK** 1/2 C BERRIES* 1/2 PT 1% MILK
LUNCH	CHICKEN CHALUPA 1/4 C APPLE WEDGES* 1/2 PT 1% MILK	1.5 OZ BEAN & CHEESE BURRITO 1/4 C GREEN SALAD w/diced tomato* 1/4 C APRICOTS*+ 1/2 PT 1% MILK	1.5 OZ BBQ BAKED CHICKEN 1/4 C CORN w/diced bell peppers 1/4 C MANGO *+ 1 CORNBREAD MUFFIN 1/2 PT 1% MILK	1.5 OZ FISH ** 1/4 C PINTO BEANS 1/4 C MANDARIN ORANGES*+ 1/4 C BROWN RICE 1/2 PT 1% MILK	3/4 C CHICKEN SPAGHETTI 1/4 C PEAS & CARROTS*+ 1/4 C PEARS 1/2 PT 1% MILK
PM SNACK	1/2 C BROCCOLI & CAULIFLOWER ** 2 OZ YOGURT DIP 1/2 C WATER	1 OZ DRY CEREAL 1/4 C DRY FRUIT 1/2 C WATER	1/2 C CUCUMBER AND TOMATO* 2 OZ YOGURT DIP 1/2 C WATER	1 OZ WHEAT THINS 1/2 C BABY CARROTS*+ 1/2 C WATER	1/2 C APPLE SLICES* 1T SUN BUTTER 1/2 C WATER

Note: The quantities of food specified are the minimum serving size for children ages 3-5 based on the Child and Adult Food Program

** CN Product

SEASONAL FRESH FRUIT EXAMPLES Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

The Milk we serve is 1/2 pint of 1% Unflavored, white. (Lactose free milk is served for children with milk allergies that have a Doctor statement)

Milk is served with Breakfast and Lunch. Meat/Meat Alt. can be used in place of Grains at Breakfast up to THREE times a week

We serve 1/2 cup of water with our pm snack

1 whole bagel = 2 servings of grain



Community Services Head Start 2018/2019 Menu

Cycle Two

+ MEANS A GOOD SOURCE OF VITAMIN A

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	HASHBROWN* EGG PATTY 1/2 PT 1% MILK	1 OZ CEREAL 1/2 C BANANA 1/2 PT 1% MILK	1/2 C GOLDEN PORRIDGE 1/2 C COOKED APPLES* 1/2 PT 1% MILK	1 SLICE OF CINNAMON TOAST 1/2 C PEACHES 1/2 PT 1% MILK	2 OZ YOGURT 1/2 C ORANGE WEDGES* 1/2 PT 1% MILK
LUNCH	1.5 OZ BAKED CHICKEN 1/4 C BUNNY STICKS*+ 1/4 C GREEN BEANS 1 CORNBREAD MUFFIN 1/2 PT 1% MILK	3/4 C PASTITSIO 1/4 C SPINACH SALAD w/diced tomatoes*+ 1/4 C MELON+ 1/2 PT 1% MILK	1.5 OZ TURKEY & CHEESE ROLL UP 1/4 C BELL PEPPER, LETTUCE & TOMATO*+ 1/4 C APRICOTS+ 1/2 PT 1% MILK	3/4 C SUMMER SIZZLER+ 1/4 ROSIE PINEAPPLE TIDBITS* 1/4 C BROWN RICE 1/2 PT 1% MILK	1.5 OZ BURGER ON WHEAT BUN 1/4 C LETTUCE, TOMATOES & PICKLE 1/4 C PINTO BEANS 1/2 PT 1% MILK
PM SNACK	3/4 C SUPER DRINK* 2 CT WHEAT CRACKERS 1/2 C WATER	1/2 OZ CHEESE CUBES 1/2 C BROCCOLI & CAULIFLOWER SALAD*+ 1/2 C WATER	1/2 OZ BEAN DIP 1 OZ CORN CHIP 1/2 C WATER	1/2 C MONKEY SNACK 1 OZ GRAHAM CRACKER 1/2 C WATER	1/2 C TOOTIE FRUIT DIP* 1/2 WHOLE GRAIN PITA POCKET 1/2 C WATER

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Milk is served with Breakfast and Lunch. Meat/Meat Alt. can be used in place of Grains at Breakfast up to THREE times a week

We serve 1/2 cup of water with our pm snack

1 whole bagel = 2 servings of grain

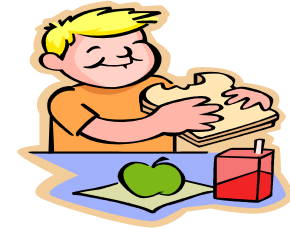


Community Services Head Start 2018/2019 Menu

Cycle Three

+ MEANS A GOOD SOURCE OF VITAMIN A

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 OZ WAFFLE STICK** 1/2 C PEACHES 1/2 PT 1% MILK	1/2 GRILLED CHEESE SANDWICH HASHBROWN 1/2 PT 1% MILK	1 OZ CEREAL 1/2 C BANANA 1/2 PT 1% MILK	1/2 OF WHOLE GRAIN BAGEL 1/2 C COOKED APPLES* 1/2 PT 1% MILK	EGG PATTY 1/2 C MANDARIN ORANGES*+ 1/2 PT 1% MILK
LUNCH	3/4 C CHICKEN CURRY CASSEROLE+ 1/4 C APPLE WEDGES* 1/2 PT 1% MILK	BEEF & BEAN TAMALES* 1/8 C GREEN SALAD 1/4 C CORN 1/2 PT 1% MILK	CHICKEN SALAD / PITA POCKET 1/4 C BROCCOLI* 1/4 C MANGO *+ 1/2 PT 1% MILK	1.5 OZ FISH** 1/4 C PINTO BEANS 1/4 C ORANGE WEDGES* CORNBREAD MUFFIN 1/2 PT 1% MILK	2/3 C GROUND BEEF & SPANISH RICE 1/4 C GREEN BEANS 1/4 C MIXED BERRIES*+ 1/2 PT 1% MILK
PM SNACK	1/2 C FRUIT-ASTIC SALSA* 1 OZ GRAHAM CRACKERS 1/2 C WATER	1 OZ CARROTS* 1 T SUN BUTTER 1/2 C WATER	1/2 C PINEAPPLE TIDBITS 1 OZ WHEAT THINS 1/2 C WATER	1/2 OZ CHEESE CUBES 1/2 C FRESH FRUIT 1/2 C WATER	SCOOP IT UP CHEESE SPREAD 1/2 C FRESH VEGETABLES* 1/2 C WATER

Note: The quantities of food specified are the minimum serving size for children ages 3-5 based on the Child and Adult Food Program

** CN Product

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Milk is served with Breakfast and Lunch.

Meat/Meat Alt. can be used in place of Grains at Breakfast up to THREE times a week

We serve 1/2 cup of water with our pm snack

1 whole bagel = 2 servings of grain



Community Services Head Start 2018/2019 Menu

Cycle Four

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1/2 WHOLE GRAIN BAGEL 1/2 C PEARS 1/2 PT 1% MILK	PANCAKE ON A STICK** 1/2 C FRESH FRUIT 1/2 PT 1% MILK	1/2 C TOOTIE FRUIT DIP* 1/2 WHOLE GRAIN PITA POCKET 1/2 PT 1% MILK	1/2 C GOLDEN PORRIDGE 1/2 C MANDARIN ORANGES* 1/2 PT 1% MILK	2 OZ YOGURT 1/2 C FRUIT 1/2 PT 1% MILK
LUNCH	1 1/4 C JAMMIN JAMBALAYA* 1/4 C MANGO*+ 1/2 PT 1% MILK	1.5 OZ BEAN & CHEESE BURRITO 1/4 C GREEN SALAD w/diced tomato*+ 1/4 C CORN 1/2 PT 1% MILK	1.5 OZ BAKED CHICKEN 1/4 C BUNNY STICKS+ 1/4 C BERRY/PINEAPPLE TIDBIT* 1/4 C BROWN RICE 1/2 C 1% MILK	3/4 C PASTITSIO 1/4 C SPINACH SALAD w/diced tomatoes*+ 1/4 C PEACHES 1/2 PT 1% MILK	1 BEAUTIFUL BUTTERFLY *+ 1/4 C APPLE WEDGES* 1/2 PT 1% MILK
PM SNACK	1/2 C CELERY, CARROTS & CUCUMBERS* 2 OZ YOGURT DIP 1/2 C WATER	3/4 C SUPER DRINK* 2 CT WHEAT CRACKERS 1/2 C WATER	1/2 WHOLE GRAIN BAGEL 1 T SUN BUTTER 1/2 C WATER	1/2 C MONKEY SNACK 1 OZ GRAHAM CRACKER 1/2 C WATER	1/2 OZ BEAN DIP 1 OZ CORN CHIP 1/2 C WATER

Note: The quantities of food specified are the minimum serving size for children ages 3-5 based on the Child and Adult Food Program

** CN Product

SEASONAL FRESH FRUIT EXAMPLES Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

The Milk we serve is 1/2 pint of 1% Unflavored, white. (Lactose free milk is served for children with milk allergies that have a Doctor statement)

Milk is served with Breakfast and Lunch. Meat/Meat Alt. can be used in place of Grains at Breakfast up to THREE times a week

We serve 1/2 cup of water with our pm snack

1 whole bagel = 2 servings of grain

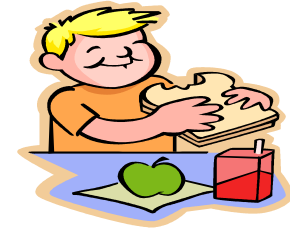


Community Services Head Start 2018/2019 Menu

Cycle Five

+ MEANS A GOOD SOURCE OF VITAMIN A

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	HASHBROWN* EGG PATTY 1/2 PT 1% MILK	1/2 SLICE WHOLE GRAIN BAGEL 1/2 C APPLE WEDGES* 1/2 PT 1% MILK	1 OZ WAFFLE STICK** 1/2 C FRESH FRUIT 1/2 PT 1 % MILK	1/2 C GOLDREN PORRIDGE 1/4 C DRY FRUIT* 1/2 PT 1% MILK	1/2 GRILLED CHEESE SANDWICH 1/2 C APRICOTS+ 1/2 PT 1% MILK
LUNCH	CHICKEN CHALUPA 1/4 C BERRIES* 1/2 PT 1% MILK	1.5 OZ BURGER ON WHEAT BUN 1/4 C LETTUCE, TOMATOES AND PICKLE 1/4 C CORN 1/2 PT 1% MILK	1.5 OZ FISH ** 1/4 C PINTO BEANS 1/4 C ROASTED BROCCOLI & CAULIFLOWER*+ CORNBREAD MUFFIN 1/2 C 1% MILK	1.5 OZ TURKEY & CHEESE ROLL UP 1/4 C BELL PEPPER, LETTUCE & TOMATOES *+ 1/4 C ROSIE PEARS 1/2 PT 1% MILK	3/4 C CHICKEN ALFREDO w/twist 1/4 C SPINACH SALAD w/diced tomatoes*+ 1/4 C MANGO *+ 1/2 PT 1% MILK
PM SNACK	SCOOP IT UP CHEESE SPREAD 1/2 C CARROTS, BELL PEPPERS & CELERY* 1/2 C WATER	1/2 C APRICOTS+ 1 OZ GRAHAM CRACKERS 1/2 C WATER	1/2 C TOOTIE FRUIT DIP* 1/2 WHOLE GRAIN PITA POCKET 1/2 C WATER	1/2 C APPLE WEDGES* 1 T SUN BUTTER 1/2 C WATER	1 OZ DRY CEREAL 1/4 C DRY FRUIT 1/2 C WATER

Note: The quantities of food specified are the minimum serving size for children ages 3-5 based on the Child and Adult Food Program

** CN Product

SEASONAL FRESH FRUIT EXAMPLES Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

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Milk is served with Breakfast and Lunch. Meat/Meat Alt. can be used in place of Grains at Breakfast up to THREE times a week

We serve 1/2 cup of water with our pm snack

1 whole bagel = 2 servings of grain



Community Services Head Start 2018/2019 Menu

Cycle Six

+ MEANS A GOOD SOURCE OF VITAMIN A

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	PANCAKE ON A STICK ** 1/2 C ORANGE WEDGES* 1/2 PT 1% MILK	1 OZ CEREAL 1/2 C BANANA 1/2 PT 1% MILK	EGG PATTY HASH BROWN 1/2 PT 1% MILK	1/2 GRILLED CHEESE SANDWICH 1/2 C ROSIE PEARS 1/2 PT 1% MILK	1/2 SLICE OF CINNAMON TOAST 1/2 C BERRY/PINEAPPLE TIDBITS* 1/2 PT 1% MILK
LUNCH	1.5 OZ BBQ BAKED CHICKEN 1/4 C PEAS & CARROTS*+ 1/4 BERRY MIX* 1/2 SLICE OF WHEAT BREAD 1/2 PT 1% MILK	BEEF & BEAN TAMALES* 1/8 C GREEN SALAD w/diced tomatoes+ 1/4 C APPLE WEDGES* 1/2 PT 1% MILK	1 1/4 C JAMMIN JAMBALAYA* 1/4 C PEACHES 1/2 PT 1% MILK	2/3 C GROUND BEEF & SPANISH RICE 1/4 C GREEN BEANS 1/4 C MANGO*+ 1/2 PT 1% MILK	3/4 C CHICKEN CURRY CASSEROLE+ 1/4 C APPLE WEDGES* 1/2 PT 1% MILK
PM SNACK	1/2 C BUNNY STICKS** 1 OZ WHEAT THINS 1/2 C WATER	1/2 C TOOTIE FRUIT DIP* 1 OZ GRAHAM CRACKER 1/2 C WATER	1/2 C BABY CARROTS*+ 1/2 C BEAN DIP 1/2 C WATER	2 OZ YOGURT 1/4 C DRY FRUIT 1/2 C WATER	3/4 C SUPER DRINK* 2 CT WHEAT CRACKERS 1/2 C WATER

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** CN Product

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The Milk we serve is 1/2 pint of 1% Unflavored, white. (Lactose free milk is served for children with milk allergies that have a Doctor statement)

Milk is served with Breakfast and Lunch. Meat/Meat Alt. can be used in place of Grains at Breakfast up to THREE times a week

We serve 1/2 cup of water with our pm snack

1 whole bagel = 2 servings of grain