



# Community Services Head Start 2019/ 2020 Menu

## Cycle One

+ MEANS A GOOD SOURCE OF VITAMIN A

\* MEANS A GOOD SOURCE OF VITAMIN C

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

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/Meat Alternate</b> - maybe served 3 times a week in place of grain	BREAKFAST	1% MILK MANDARIN ORANGES+* WHOLE GRAIN BISCUIT / jelly	1% MILK APPLE SLICES* CHEESY TOAST	1% MILK FRESH FRUIT WHOLE GRAIN CEREAL	1% MILK PEACHES WHOLE GRAIN BAGEL / cream cheese	1% MILK MANDARIN ORANGES+* PANCAKE ON A STICK
<b>Milk</b> - 3/4 c or 1/2 pt. <b>Vegetable</b> - 1/4 c <b>Fruit</b> - 1/4 c <b>Grain</b> - 1/2 oz eq. <b>Meat/Meat Alternate</b> - 1 1/2 oz eq.	LUNCH	MILK GREEN SALAD w/diced tomatoes* ROSIE APPLESAUCE CHICKEN & CHEESE QUESADILLA	MILK GREEN BEANS* PEARS SLOPPY JOE	MILK SUMMER SIZZLER+ PINEAPPLE TIDBITS* BROWN RICE	MILK COLESLAW+* APRICOTS WHEAT ROLL BAKED CHICKEN	MILK LETTUCE, TOMATOES* TROPICAL FRUIT* BURGER / WHOLE WHEAT BUN
<b>Serve 2 of the 5</b> <b>Milk</b> - 1/2 c <b>Vegetable</b> - 1/2 c <b>Fruit</b> - 1/2 c <b>Grain</b> -1/2 oz eq. <b>Meat/Meat Alternate</b> - 1/2 oz	PM SNACK	BABY CARROTS+ SUN BUTTER WATER	WHEAT CRACKERS CHEESE CUBES WATER	APPLESAUCE SCOOBY DOO GRAHAM CRACKER WATER	CUCUMBER SLICES BOILED EGG WATER	MONKEY SNACKS GIANT GOLDFISH GRAHAM CRACKER WATER

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

The Milk we serve is 1/2 pint of 1% Unflavored, white.

\*\* CN Product

Milk is served with Breakfast and Lunch. ( Lactose free milk is served for children with milk allergies that have a Doctor's statement)

\*\*\* We serve 1/2 cup water with our pm snacks



# Community Services Head Start 2019/ 2020 Menu

## Cycle Two

+ MEANS A GOOD SOURCE OF VITAMIN A

\* MEANS A GOOD SOURCE OF VITAMIN C

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

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/Meat Alternate</b> - maybe served 3 times a week in place of grain	BREAKFAST	1% MILK MANDARIN ORANGES+* GOLDEN PORRIDGE	1% MILK MIXED BERRIES+* WHOLE GRAIN WAFFLE	1% MILK ORANGE WEDGES* YOGURT	1% MILK COOKED APPLES* SAUSAGE BISCUIT	1% MILK PEACHES CINNAMON TOAST
<b>Milk</b> - 3/4 c or 1/2 pt. <b>Vegetable</b> - 1/4 c <b>Fruit</b> - 1/4 c <b>Grain</b> - 1/2 oz eq. <b>Meat/Meat Alternate</b> - 1 1/2 oz eq.	LUNCH	MILK MELON+ MONSTER MARINARA*+	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK GREEN SALAD w/diced tomatoes* FRESH FRUIT BEEF & CHEESE NACHOS	MILK BUNNY STICKS*+ GREEN BEANS WHEAT ROLL BBQ CHICKEN	MILK SPINACH SALAD w/diced tomatoes*+ PEACHES PASTITSIO
<b>Serve 2 of the 5</b> <b>Milk</b> - 1/2 c <b>Vegetable</b> - 1/2 c <b>Fruit</b> - 1/2 c <b>Grain</b> -1/2 oz eq. <b>Meat/Meat Alternate</b> - 1/2 oz	PM SNACK	SUPER DRINK* WHEAT CRACKERS WATER	DRY FRUIT YOGURT WATER	WHOLE GRAIN BAGEL SUNBUTTER WATER	CHEESY TOAST WATER	FRESH VEGETABLES* SCOOP IT UP CHEESE SPREAD WATER

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

The Milk we serve is 1/2 pint of 1% Unflavored, white.

\*\* CN Product

Milk is served with Breakfast and Lunch. ( Lactose free milk is served for children with milk allergies that have a Doctor's statement)

\*\*\* We serve 1/2 cup water with our pm snacks



# Community Services Head Start 2019/ 2020 Menu

## Cycle Three

+ MEANS A GOOD SOURCE OF VITAMIN A

\* MEANS A GOOD SOURCE OF VITAMIN C

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

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	BREAKFAST	1% MILK MANDARIN ORANGES+* PANCAKE	1% MILK PEACHES BISCUIT & GRAVY	1% MILK BANANA WHOLE GRAIN CEREAL	1% MILK APRICOTS+* WHOLE GRAIN WAFFLE	1% MILK PINEAPPLE TIDBITS WHOLE GRAIN BAGEL w/ cream cheese
<b>Milk</b> - 3/4 c or 1/2 pt. <b>Vegetable</b> - 1/4 c <b>Fruit</b> - 1/4 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 1/2 oz eq.	LUNCH	MILK PEAS & CARROTS*+ MASHED POTATO WHEAT ROLL SALISBURY STEAK**	MILK MANGO*+ JAMMIN JAMBALAYA*	MILK GREEN Salad w/diced tomatoes* MIXED BERRIES*+ CHICKEN SPAGHETTI	MILK BROCCOLI *+ w/ cheese CORN GROUND BEEF & SPANISH RICE	MILK SPINACH SALAD w/diced tomatoes*+ ORANGE WEDGES* HAMBURGER PIZZA**
<b>Serve 2 of the 5</b> <b>Milk</b> - 1/2 c <b>Vegetable</b> - 1/2 c <b>Fruit</b> - 1/2 c <b>Grain</b> -1/2 oz eq. <b>Meat/ma</b> - 1/2 oz	PM SNACK	PEARS GIANT GOLDFISH GRAHAM CRACKER WATER	FRESH VEGETABLES* YOGURT DIP WATER	SMOOTHILICIOUS*+ PARFAIT WATER	WHEAT CRACKERS CHEESE WATER	APPLE WEDGES* CHEESE CUBES WATER

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

The Milk we serve is 1/2 pint of 1% Unflavored, white.

\*\* CN Product

Milk is served with Breakfast and Lunch. ( Lactose free milk is served for children with milk allergies that have a Doctor's statement)

\*\*\* We serve 1/2 cup water with our pm snacks



# Community Services Head Start 2019/ 2020 Menu

## Cycle Four

+ MEANS A GOOD SOURCE OF VITAMIN A

\* MEANS A GOOD SOURCE OF VITAMIN C

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

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/Meat Alternate</b> - maybe served 3 times a week in place of grain	BREAKFAST	1% MILK TROPICAL FRUIT* SAUSAGE BISCUIT	1% MILK PEACHES CINNAMON TOAST	1% MILK BERRIES* WHOLE GRAIN BAGEL w/ cream cheese	1% MILK APRICOTS*+ GOLDEN PORRIDGE	1% MILK COOKED APPLES* WHOLE GRAIN WAFFLE
<b>Milk</b> - 3/4 c or 1/2 pt. <b>Vegetable</b> - 1/4 c <b>Fruit</b> - 1/4 c <b>Grain</b> - 1/2 oz eq. <b>Meat/Meat Alternate</b> - 1 1/2 oz eq.	LUNCH	MILK APPLE SLICES* WHEAT CRACKERS HOMEMADE CHICKEN & VEGETABLE SOUP	MILK GREEN SALAD w/ diced tomatoes* PINEAPPLE BERRIE MIX* BEEF & CHEESE NACHOES	MILK COLE SLAW* MANDARIN ORANGES*+ GRILLED CHICKEN WRAP	MILK PINTO BEANS MANGO*+ CORNBREAD FISH**	MILK BROCCOLI & CAULIFLOWER SALAD*+ ORANGE WEDGES* HAM & CHEESE SANDWICH
<b>Serve 2 of the 5</b> <b>Milk</b> - 1/2 c <b>Vegetable</b> - 1/2 c <b>Fruit</b> - 1/2 c <b>Grain</b> -1/2 oz eq. <b>Meat/Meat Alternate</b> - 1/2 oz	PM SNACK	BELL PEPPER, CUCUMBER* SLICES YOGURT DIP WATER	SAMURAI BANANA SUSHI ROLL WATER	SUPER DRINK* WHEAT CRACKERS WATER	DRY FRUIT CHEESE CUBES WATER	BABY BEARS HONEY BITES WATER

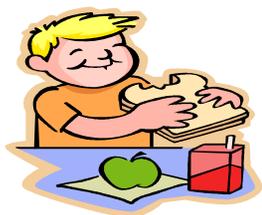
EXAMPLE OF SEASONAL FRESH FRUIT : Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

The Milk we serve is 1/2 pint of 1% Unflavored, white.

\*\* CN Product

Milk is served with Breakfast and Lunch. ( Lactose free milk is served for children with milk allergies that have a Doctor's statement)

\*\*\* We serve 1/2 cup water with our pm snacks



# Community Services Head Start 2019/ 2020 Menu

## Cycle Five

+ MEANS A GOOD SOURCE OF VITAMIN A

\* MEANS A GOOD SOURCE OF VITAMIN C

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

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	BREAKFAST	1% MILK APRICOTS*+ TOAST BOILED EGG	1% MILK BANANA WHOLE GRAIN CEREAL	1% MILK CINNAMON APPLESAUCE* PANCAKE ON A STICK	1% MILK PEACHES BISCUIT w/ gravy	1% MILK COOKED APPLE * CHEESY TOAST
<b>Milk</b> - 3/4 c or 1/2 pt. <b>Vegetable</b> - 1/4 c <b>Fruit</b> - 1/4 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 1/2 oz eq.	LUNCH	MILK LETTUCE. TOMATOES* POP'S POTATOES BURGER / WHOLE WHEAT BUN	MILK SPINACH SALAD w/ diced tomatoes*+ PINEAPPLE BERRIE MIX* CHILI CORN CHIP BAKE	MILK MANGO*+ JAMMIN JAMBALAYA*	MILK GREEN SALAD w/ diced tomatoes*+ ROSIE PINEAPPLE TIDBIT CHICKEN & CHEESE QUESADILLA	MILK TROPICAL FRUIT* MONSTER MARINARA*+
<b>Serve 2 of the 5</b> <b>Milk</b> - 1/2 c <b>Vegetable</b> - 1/2 c <b>Fruit</b> - 1/2 c <b>Grain</b> -1/2 oz eq. <b>Meat/ma</b> - 1/2 oz	PM SNACK	BERRY BANANA SPLIT* WATER	BABY CARROTS + SUN BUTTER WATER	CELERY STICKS SCOOP IT UP CHEESE SPREAD WATER	APPLE WEDGES* SCOOPY DOO GRAHAM CRACKER WATER	MONKEY SNACKS GIANT GOLDFISH GRAHAM CRACKER WATER

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

The Milk we serve is 1/2 pint of 1% Unflavored, white.

\*\* CN Product

Milk is served with Breakfast and Lunch. ( Lactose free milk is served for children with milk allergies that have a Doctor's statement)

\*\*\* We serve 1/2 cup water with our pm snacks



# Community Services Head Start 2019/ 2020 Menu

## Cycle Six

+ MEANS A GOOD SOURCE OF VITAMIN A

\* MEANS A GOOD SOURCE OF VITAMIN C

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

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	BREAKFAST	1% MILK DRY FRUIT YOGURT	1% MILK PEACHES SAUSAGE BISCUIT	1% MILK APRICOTS*+ GOLDEN PORRIDGE	1% MILK MIXED BERRIES*+ WHOLE GRAIN WAFFLE	1% MILK ORANGE WEDGES* WHOLE WHEAT TOAST w/ jelly
<b>Milk</b> - 3/4 c or 1/2 pt. <b>Vegetable</b> - 1/4 c <b>Fruit</b> - 1/4 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 1/2 oz eq.	LUNCH	MILK PEAS & CARROTS*+ APPLE SLICES* PASTITSIO	MILK MANGO*+ WHEAT CRACKERS HOMEMADE CHICKEN & VEGETABLE SOUP	MILK BROCCOLI*+ w/cheese CORN WHEAT ROLL SALISBURY STEAK	MILK FRESH VEGETABLE SLICES PEARS HAM & CHEESE SANDWICH	MILK GREEN SALAD w/diced tomatoes*+ CORN GRILLED CHICKEN WRAP
<b>Serve 2 of the 5</b> <b>Milk</b> - 1/2 c <b>Vegetable</b> - 1/2 c <b>Fruit</b> - 1/2 c <b>Grain</b> -1/2 oz eq. <b>Meat/ma</b> - 1/2 oz	PM SNACK	WHOLE GRAIN BAGEL SUNBUTTER WATER	BUNNY STICKS*+ WHEAT CRACKERS WATER	BABY BEAR HONEY BITES WATER	SMOOTHILICIOUS *+ PARFAIT WATER	FRESH FRUIT CHEESE CUBES WATER

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

The Milk we serve is 1/2 pint of 1% Unflavored, white.

\*\* CN Product

Milk is served with Breakfast and Lunch. ( Lactose free milk is served for children with milk allergies that have a Doctor's statement)

\*\*\* We serve 1/2 cup water with our pm snacks