



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 Food Program

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain- 1/2 oz. eq. Meat/Meat Alternate- maybe served 3 times a week in place of grain	1% MILK MANDARIN ORANGES+* WHOLE GRAIN BISCUIT / jelly	1% MILK APPLE SLICES* CHEESY TOAST	1% MILK FRESH FRUIT WHOLE GRAIN CEREAL	1% MILK PEACHES WG BAGEL /cream cheese	1% MILK MANDARIN ORANGES+* PANCAKE ON A STICK
LUNCH Milk - 3/4 c or 1/2 pt. Vegetable- 1/4 c Fruit- 1/4 c Grain- 1/2 oz eq. Meat/Meat Alternate - 1 1/2 oz eq.	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
PM SNACK Serve 2 of the 5 Milk - 1/2 c Vegetable - 1/2 c Fruit - 1/2 c Grain - 1/2 oz eq. Meat/Meat Alternate - 1/2 oz	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.

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

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

** CN Product

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Community Services Head Start 2019/ 2020 Menu

Cycle Two

+ MEANS A GOOD SOURCE OF VITAMIN A

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

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain- 1/2 oz. eq. Meat/Meat Alternate- may be served 3 times a week in place of grain	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
Lunch Milk - 3/4 c or 1/2 pt. Vegetable- 1/4 c Fruit- 1/4 c Grain- 1/2 oz eq. Meat/Meat Alternate - 1 1/2 oz eq.	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
PM SNACK Serve 2 of the 5 Milk - 1/2 c Vegetable - 1/2 c Fruit - 1/2 c Grain - 1/2 oz eq. Meat/Meat Alternate - 1/2 oz	SUPER DRINK* WHEAT CRACKERS WATER	DRY FRUIT YOGURT WATER	WG 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.

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

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

** CN Product

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Community Services Head Start 2019/ 2020 Menu

Cycle Three

+ MEANS A GOOD SOURCE OF VITAMIN A

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

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain- 1/2 oz. eq. Meat/ma- maybe served 3 times a week in place of grain	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 WG BAGEL w/ cream cheese
LUNCH Milk - 3/4 c or 1/2 pt. Vegetable- 1/4 c Fruit- 1/4 c Grain- 1/2 oz eq. Meat/ma - 1 1/2 oz eq.	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**
PM SNACK Serve 2 of the 5 Milk - 1/2 c Vegetable - 1/2 c Fruit - 1/2 c Grain - 1/2 oz eq. Meat/ma - 1/2 oz	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

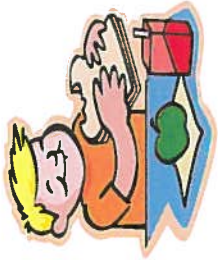
The Milk we serve is 1/2 pint of 1% Unflavored, white.

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

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

** CN Product

Shirley Chan Moore 774 Lu # 5706118 06/12/19



Community Services Head Start 2019/ 2020 Menu

Cycle Four

+ MEANS A GOOD SOURCE OF VITAMIN A

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

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain- 1/2 oz. eq. Meat/Meat Alternate- maybe served 3 times a week in place of grain	1% MILK TROPICAL FRUIT* SAUSAGE BISCUIT	1% MILK PEACHES CINNAMON TOAST	1% MILK BERRIES* WW BAGEL w/ cream cheese	1% MILK APRICOTS*+ GOLDEN PORRIDGE	1% MILK COOKED APPLES* WG WAFFLE
LUNCH Milk - 3/4 c or 1/2 pt. Vegetable- 1/4 c Fruit- 1/4 c Grain- 1/2 oz eq. Meat/Meat Alternate - 1 1/2 oz eq.	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
PM SNACK Serve 2 of the 5 Milk - 1/2 c Vegetable - 1/2 c Fruit - 1/2 c Grain - 1/2 oz eq. Meat/Meat Alternate- 1/2 oz	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.

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

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

** CN Product

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Community Services Head Start 2019/ 2020 Menu

Cycle Five

+ MEANS A GOOD SOURCE OF VITAMIN A

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

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain- 1/2 oz. eq. Meat/ma- maybe served 3 times a week in place of grain	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
LUNCH Milk - 3/4 c or 1/2 pt. Vegetable- 1/4 c Fruit- 1/4 c Grain- 1/2 oz eq. Meat/ma - 1 1/2 oz eq.	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*+
PM SNACK Serve 2 of the 5 Milk - 1/2 c Vegetable - 1/2 c Fruit - 1/2 c Grain - 1/2 oz eq. Meat/ma - 1/2 oz	BERRY BANANA SPLIT* WATER	BABY CARROTS + SUN BUTTER WATER	CELERY STICKS SCOOP IT UP CHEESE SPREAD WATER	APPLE WEDGES* SCOOBY 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

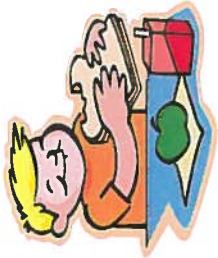
The Milk we serve is 1/2 pint of 1% Unflavored, white.

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

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

** CN Product

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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 Food Program

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain- 1/2 oz. eq. Meat/ma- maybe served 3 times a week in place of grain	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* WW TOAST w/ jelly
LUNCH Milk - 3/4 c or 1/2 pt. Vegetable- 1/4 c Fruit- 1/4 c Grain- 1/2 oz eq. Meat/ma - 1 1/2 oz eq.	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
PM SNACK Serve 2 of the 5 Milk - 1/2 c Vegetable - 1/2 c Fruit - 1/2 c Grain - 1/2 oz eq. Meat/ma - 1/2 oz	WG 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.

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

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

** CN Product

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 TX Lee # 1706118 06/22/19