



# Community Services

## Head Start 2021/ 2022 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/ma</b> - maybe served 3 times a week in place of grain	BREAKFAST	MILK PEARS CHEESE OMELET**	MILK MANDARIN ORANGES* CINNAMON TOAST	MILK BERRIES* MINI CAKES**	MILK BANANA WG CEREAL	MILK PEACHES SAUSAGE BISCUIT
<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* SLOPPY JOE	MILK BUNNY STICKS*+ GREEN BEANS BREAD STICK** BBQ BAKED CHICKEN	MILK GREEN SALAD MIX w/ diced tomatoes*+ ROSIE APPLESAUCE BEEF/CHEESE NACHOS	MILK ORANGE SLICES* JAMMIN' JAMBALAYA*	MILK GREEN SALAD MIX w/ diced tomatoes*+ TROPICAL FRUIT* PIZZA STICK**
<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	CHOW MEIN NOODLES CHEESE STICK WATER	FRESH VEGETABLES* HONEY YOGURT DIP WATER	TOMATO SALSA*+ CORN CHIPS WATER	1/2 SUNBUTTER SANDWICH WATER	BERRY BANANA SPLIT* 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 lactose intolerance that have a Doctor's statement)

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



# Community Services

## Head Start 2021/ 2022 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 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	MILK APRICOTS*+ BISCUIT / jelly	MILK PEACHES WG MINI BAGEL**	MILK FRESH FRUIT WG CEREAL	MILK STRAWBERRIES* GOLDEN PORRIDGE	MILK MANDARIN ORANGES* TOAST / 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 POP'S POTATOES CHEESY BROCCOLI* CHICKEN SLIDDER	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK PINEAPPLE TIDBITS MONSTER MARINARA*	MILK ROSIE MIX FRUIT ASIAN CHICKEN WRAP*+	MILK MIXED BELL PEPPER w/ ranch*+ MANGOS*+ CHILI CORN CHIP BAKE
<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	APPLESAUCE TEDDY GRAHAM WATER	CHEESY TOAST WATER	CUCUMBER TOMATO SALAD*+ CHEESE WATER	1/2 OZ DRY WG CEREAL DRY FRUIT WATER	BOILED EGG WW CRACKERS 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 lactose intolerance that have a Doctor's statement)

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



# Community Services

## Head Start 2021/ 2022 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 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	MILK TROPICAL FRUIT*+ SAUSAGE BISCUIT	MILK BERRY BANANA SPLIT*+	MILK BANANA WG CEREAL	MILK MANGOS*+ MINI CAKES**	MILK APPLE SLICES* CHEESE OMELET**
<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 PEACHES BROWN RICE SUMMER SIZZLER*	MILK GREEN SALAD w/ toatoes*+ MANADRIN ORANGES* BEEF SOFT TACOS	MILK GREEN BEANS BERRY MIX*+ CHICKEN SPAGHETTI	MILK GREEN SALAD w/ diced tomatoes*+ TATOR TOTS CRABBY PATTY BURGER	MILK MIXED VEGETABLES*+ PEARS BBQ PORK RIB SLIDDER
<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	FRESH VEGETABLES* SUNBUTTER WATER	TOMATO SALSA*+ CORN CHIPS WATER	MIXED FRUIT GOLDFISH CRACKERS WATER	BROCCOLI & CAULIFLOWER SALAD*+ CHEESE WATER	SUPLE DRINK* 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 lactose intolerance that have a Doctor's statement)

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



# Community Services

## Head Start 2021/ 2022 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 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	MILK MIX FRUIT WG CEREAL	MILK ORANGES SLICES* 1/2 CINNAMON TOAST 1/2 BOILED EGG	MILK PEACHES GOLDEN PORRIDGE	MILK MANGO* SAUSAGE BISCUIT	MILK APPLESAUCE MINI BAGEL**
<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 FIESTA CORN TROPICAL FRUIT*+ CHICKEN & CHEESE QUESADILLA	MILK PEPPER*+ w/ranch BELL PINEAPPLE TIDBITS WG ROLL CHILI	MILK COLESLAW*+ BUNNY STICKS*+ CORNBREAD FISH**	MILK CARROTS* PEARS TURKEY & CHEESE SUB	MILK GREEN SALAD MIX w/ diced tomatoes*+ MANDARIN ORANGES* PIZZA STICK**
<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	CUCUMBER TOMATO SALAD*+ WG CRAKERS WATER	CHOW MEIN NOODLES CHEESE WATER	CHEESY TOAST WATER	ROSIE APRICOTS*+ TEDDY GRAHAMS WATER	1/2 SUNBUTTER SANDWICH 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 lactose intolerance that have a Doctor's statement)

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



# Community Services

## Head Start 2021/ 2022 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 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	MILK MANDARIN ORANGES* MINI CAKES**	MILK TROPICAL FRUIT*+ CHEESE OMELET**	MILK BANANA WG CEREAL	MILK APRICOTS*+ CINNAMON TOAST	MILK PEARS BISCUIT 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*+ ROSIE PEARS CHICKEN SALAD BOAT	MILK CARROTS* BERRIES*+ SLOPPY JOE	MILK BUNNY STICKS*+ GREEN BEANS BREAD STICK** BBQ CHICKEN	MILK GREEN SALAD MIX w/ diced tomatoes*+ PINEAPPLE TIDBITS BEEF / CHEESE NACHOS	MILK ORANGE SLICES* ASIAN 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	APPLE SLICES* CHEESE WATER	GOLDFISH CRACKERS PEACHES WATER	FRESH VEGETABLES* SUNBUTTER WATER	BOILED EGG WG CRACKERS WATER	DRY FRUIT* HONEY YOGURT DIP 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 lactose intolerance that have a Doctor's statement)

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



# Community Services

## Head Start 2021/ 2022 Menu



### Cycle Six

+ 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 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	MILK MIX FRUIT 1/2 BOILED EGG CINNAMON TOAST	MILK FRESH FRUIT WG CEREAL	MILK Apricot*+ WG MINI BAGEL**	MILK ORANGE SLICES* GOLDEN PORRIDGE	MILK BERRIES*+ YOGURT
<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 POPS POTATOES CHEESY BROCCOLI & CAULIFLOWER*+ BBQ PORK RIB SLIDDER	MILK PINEAPPLE / BERRIE MIX*+ BROWN RICE SUMMER SIZZLER*	MILK MANGO*+ MONSTER MARINARA*	MILK MIX BELL PEPPERS*+ w/ ranch dressing PEACHES CHICKEN SLIDDER	MILK TATOR TOTS TROPICAL FRUIT* CRABBY PATTY BURGER
<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	SUPER DRINK* WW CRACKERS WATER	APPLES SLICES* SUNBUTTER WATER	WW CRACKERS CHEESE STICK WATER	CINNAMON PEARS TEDDY GRAHAMS WATER	DRY FRUIT 1/2 OZ WG CEREAL 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 lactose intolerance that have a Doctor's statement)

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



# Community Services

## Early Head Start 2021/ 2022 Menu



### Cylce One

+ MEANS A GOOD SOURCE OF VITAMIN A

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The quantities of food specified are the minimum serving size for children ages 12 months - 36 months based on the Child and Adult Care Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK PEARS CHEESE OMELET **	MILK MANDARIN ORANGES* CINNAMON TOAST	MILK BERRIES* MINI CAKES**	MILK BANANA WG CEREAL	MILK PEACHES 1/2 SAUSAGE BISCUIT
<b>Milk</b> - 1/2c <b>Vegetable</b> - 1/8 c <b>Fruit</b> - 1/8 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 oz eq.	<b>LUNCH</b>	MILK PEAS & CARROTS*+ APPLE SLICES* MINI SLOPPY JOE	MILK BUNNY STICKS *+ GREEN BEANS BREAD STICK ** BBQ BAKED CHICKEN	MILK GREEN SALAD MIX w/ diced tomatoes*+ ROSIE APPLESAUCE BEEF/CHEESE NACHOS	MILK ORANGE SLICES* JAMMIN' JAMBALAYA*	MILK GREEN SALAD MIX w/ diced toatoes*+ TROPICAL FRUIT * PIZZA STICK**
<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	<b>PM SNACK</b>	WG CHOW MEIN NOODLES CHEESE STICK WATER	FRESH VEGETABLES* HONEY YOGURT DIP WATER	TOMATO SALSA*+ CORN CHIPS WATER	1/2 SUNBUTTER SANDWICH WATER	BERRY BANANA SPLIT* WATER

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

**The Milk we serve** is whole unflavored to 1-2 years of age: 2-3 years of age we serve 1% unflavored milk.

\*\* CN Product

**Example of Seasonal Fresh Fruit:** Berries, Melon, Apple, Banana, Peach, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



# Community Services

## Early Head Start 2021/ 2022 Menu



### Cylce 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 12 months - 36 months based on the Child and Adult Care Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK APRICOTS*+ BISCUIT / jelly	MILK PEACHES WG MINI BAGEL **	MILK FRESH FRUIT WG CEREAL	MILK STRAWBERRIES* GOLDEN PORRIDGE	MILK MANDARIN ORANGES* TOAST / jelly
<b>Milk</b> - 1/2c <b>Vegetable</b> - 1/8 c <b>Fruit</b> - 1/8 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 oz eq.	<b>LUNCH</b>	MILK POP'S POTATOES CHEESY BROCCOLI* CHICKEN SLIDDER	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK PINEAPPLE TIDBITS MONSTER MARINARA*	MILK ROSIE MIX FRUIT ASIAN CHICKEN WRAP*+	MILK MIXED BELL PEPPER w/ ranch*+ MANGOS*+ CHILI CORN CHIP BAKE
<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	<b>PM SNACK</b>	APPLESAUCE TEDDY GRAHAM WATER	CHEESY TOAST WATER	CUCUMBER TOMATO SALAD*+ CHEESE WATER	1/2 OZ DRY CEREAL DRY FRUIT WATER	BOILED EGG WW CRACKERS WATER

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

**The Milk we serve** is whole unflavored to 1-2 years of age: 2-3 years of age we serve 1% unflavored milk.

\*\* CN Product

**Example of Seasonal Fresh Fruit:** Berries, Melon, Apple, Banana, Peach, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



# Community Services

## Early Head Start 2021/ 2022 Menu



### Cylce 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 12 months - 36 months based on the Child and Adult Care Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK TROPICAL FRUIT*+ SAUSAGE BISCUIT	MILK BERRY BANANA SPLIT*+	MILK BANANA WG CEREAL	MILK MANGOS*+ MINI CAKES**	MILK APPLE SLICES* CHEESE OMELET**
<b>Milk</b> - 1/2c <b>Vegetable</b> - 1/8 c <b>Fruit</b> - 1/8 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 oz eq.	<b>LUNCH</b>	MILK PEACHES BROWN RICE SUMMER SIZZLER*	MILK GREEN SALAD w/ toatoes*+ MANADRIN ORANGES* BEEF SOFT TACO	MILK GREEN BEANS BERRY MIX*+ CHICKEN SPAGHETTI	MILK GREEN SALAD w/ diced tomatoes*+ TATOR TOTS CRABBY PATTY BURGER	MILK MIXED VEGETABLES*+ PEARS BBQ PORK RIB SLIDDER
<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	<b>PM SNACK</b>	FRESH VEGETABLES* SUNBUTTER WATER	TOMATO SALSA*+ CORN CHIPS WATER	MIXED FRUIT GOLDFISH CRACKERS WATER	BROCCOLI & CAULIFLOWER SALAD*+ CHEESE WATER	SUPER DRINK* CRACKER WATER

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

**The Milk we serve** is whole unflavored to 1-2 years of age: 2-3 years of age we serve 1% unflavored milk.

\*\* CN Product

**Example of Seasonal Fresh Fruit:** Berries, Melon, Apple, Banana, Peach, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



# Community Services

## Early Head Start 2021/ 2022 Menu



### Cylce 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 12 months - 36 months based on the Child and Adult Care Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk - 1/2 c</b> <b>Fruit/vegetable - 1/ 4c</b> <b>Grain- 1/2 oz. eq.</b> <b>Meat/ma-</b> maybe served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK MIX FRUIT WG CEREAL	MILK ORANGES SLICES* CINNAMON TOAST	MILK PEACHES GOLDEN PORRIDGE	MILK MANGO* 1/2 SAUSAGE BISCUIT	MILK APPLESAUCE WG MINI BAGEL**
<b>Milk - 1/2c</b> <b>Vegetable- 1/8 c</b> <b>Fruit- 1/8 c</b> <b>Grain- 1/2 oz eq.</b> <b>Meat/ma - 1 oz eq.</b>	<b>LUNCH</b>	MILK FIESTA CORN TROPICAL FRUIT*+ CHICKEN & CHEESE QUESADILLA	MILK BELL PEPPER*+ w/ranch PINEAPPLE TIDBITS WG ROLL CHILI	MILK COLESLAW*+ BUNNY STICKS*+ CORNBREAD FISH**	MILK CARROTS* PEARS TURKEY & CHEESE SUB	MILK GREEN SALAD MIX w/ diced tomatoes*+ MANDARIN ORANGES* PIZZA STICK**
<b>Serve 2 of the 5</b> <b>Milk - 1/2 c</b> <b>Vegetable - 1/2 c</b> <b>Fruit - 1/2 c</b> <b>Grain -1/2 oz eq.</b> <b>Meat/ma - 1/2 oz</b>	<b>PM SNACK</b>	CUCUMBER TOMATO SALAD*+ WG CRAKERS WATER	CHOW MEIN NOODLES CHEESE WATER	CHEESY TOAST WATER	ROSIE APRICOTS*+ TEDDY GRAHAMS WATER	1/2 SUNBUTTER SANDWICH WATER

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

**The Milk we serve** is whole unflavored to 1-2 years of age: 2-3 years of age we serve 1% unflavored milk.

\*\* CN Product

**Example of Seasonal Fresh Fruit:** Berries, Melon, Apple, Banana, Peach, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



# Community Services

## Early Head Start 2021/ 2022 Menu



### Cylce 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 12 months - 36 months based on the Child and Adult Care Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK MANDARIN ORANGES* MINI CAKES**	MILK TROPICAL FRUIT*+ CHEESE OMELET**	MILK BANANA WG CEREAL	MILK APRICOTS*+ CINNAMON TOAST	MILK PEARS BISCUIT w/ jelly
<b>Milk</b> - 1/2c <b>Vegetable</b> - 1/8 c <b>Fruit</b> - 1/8 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 oz eq.	<b>LUNCH</b>	MILK PEAS & CARROTS*+ ROSIE PEARS CHICKEN SALAD BOAT	MILK CARROTS* BERRIES*+ MINI SLOPPY JOE	MILK BUNNY STICKS*+ GREEN BEANS BREAD STICK ** BBQ CHICKEN	MILK GREEN SALAD MIX w/ diced tomatoes*+ PINEAPPLE TIDBITS BEEF / CHEESE NACHOS	MILK ORANGE SLICES* ASIAN 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	<b>PM SNACK</b>	APPLE SLICES* CHEESE WATER	GOLDFISH CRACKERS PEACHES WATER	FRESH VEGETABLES* SUNBUTTER WATER	BOILED EGG WG CRACKERS WATER	DRY FRUIT* HONEY YOGURT DIP WATER

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

**The Milk we serve** is whole unflavored to 1-2 years of age: 2-3 years of age we serve 1% unflavored milk.

\*\* CN Product

**Example of Seasonal Fresh Fruit:** Berries, Melon, Apple, Banana, Peach, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



# Community Services

## Early Head Start 2021/ 2022 Menu



Cylce 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 12 months - 36 months based on the Child and Adult Care Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK MIX FRUIT 1/2 BOILED EGG 1/2 CINNAMON TOAST	MILK FRESH FRUIT WG CEREAL	MILK Apricot*+ WG MINI BAGEL **	MILK ORANGE SLICES* GOLDEN PORRIDGE	MILK BERRIES*+ YOGURT
<b>Milk</b> - 1/2c <b>Vegetable</b> - 1/8 c <b>Fruit</b> - 1/8 c <b>Grain</b> - 1/2 oz eq. <b>Meat/ma</b> - 1 oz eq.	<b>LUNCH</b>	MILK POPS POTATOES CHEESY BROCCOLI & CAULIFLOWER*+ BBQ PORK RIB SLIDDER	MILK PINEAPPLE / BERRIE MIX*+ BROWN RICE SUMMER SIZZLER*	MILK MANGO*+ MONSTER MARINARA*	MILK MIX BELL PEPPERS*+ w/ ranch dressing PEACHES CHICKEN SLIDDER	MILK TATOR TOTS TROPICAL FRUIT* CRABBY PATTY BURGER
<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	<b>PM SNACK</b>	SUPER DRINK* WW CRACKERS WATER	APPLES SLICES* SUNBUTTER WATER	WW CRACKERS CHEESE WATER	CINNAMON PEARS TEDDY GRAHAMS WATER	DRY FRUIT 1/2 OZ WG CEREAL WATER

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

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