

Community Services Head Start 2024/2025 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
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	BREAKFAST	MILK BANANA WG CEREAL	MILK CHERRY / PINEAPPLES MIX* CINNAMON WW TOAST	MILK APPLESAUCE CHICKEN SAUSAGE BISCUIT**	MILK ORANGE SLICES* FRENCH TOAST STICKS	MILK PEACHES MINI BAGEL**
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.	LUNCH	MILK BROCCOLI/CAULIFLOWER SALAD*+ TROPICAL FRUIT*+ CHICKEN & WAFFLE	MILK SALAD w/diced tomatoes*+ ROSIE PEARS BEEF/CHEESE TACO	MILK PEACHES JAMMIN' JAMBALAYA *+	MILK GREEN BEANS MASHED POTATO CORNBREAD SALSBURY STEAK**	MILK BUNNY STICKS*+ BERRIES*+ CHICKEN SALAD SANDWICH
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	PM SNACK	VEGGIE WHEAT THINS CRACKERS** CHEESE STICK WATER	MEXICAN STREET CORN TORTILLA CHIPS WATER	APPLES SLICES * SUNBUTTER WATER	BUG BITE GRAHAM CRACKERS YOGURT GO-GURT WATER	MANDARIN ORANGES RICE CAKES 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 statement)

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

Community Services Head Start 2024/2025 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
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	BREAKFAST	MILK BERRY BANANA SPLIT*+	MILK APRICOTS*+ TOASTED ENGLISH MUFFIN w/cream cheese	MILK PEARS GOLDEN PORRIDGE	MILK FRESH FRUIT WG CEREAL	MILK BREAKFAST PIZZA
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.	LUNCH	MILK SWEET POTATO FRIES GREEN SALAD w/sliced tomatoes * + CRABBY PATTY BURGER**	MILK MANGO*+ BROWN RICE ASIAN CHICKEN & BROCCOLI *+	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**	MILK MASHED POTATO ZUCCHINI / SQUASH *+ BBQ CHICKEN SLIDDER	MILK SPINACH SALAD w/ diced tomatoes*+ ORANGE SLICES* BEEF & CHEESE NACHOS
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	PM SNACK	TIGER BITE GRAHAM CRACKER MANDARIN ORANGES WATER	TEDDY BEAR SMOOTHIES* WW CRACKERS WATER	CELERY STICKS, BELL PEPPER SLICES & CARROT SLICES*+ SUNBUTTER DIP WATER	FRUIT-ASTIC SALSA*+ BUG BITE GRAHAM CRACKER WATER	TOASTED ENGLISH MUFFIN w/SUNBUTTER 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 statement)

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

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Cycle Three

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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
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	BREAKFAST	MILK BERRY *+ & YOGURT PARFAIT	MILK COOKED CINNAMON APPLES CHICKEN SAUSAGE BISCUIT**	MILK PEACHES MINI CINNAMON ROLL**	MILK MANDARIN ORANGES FRENCH TOAST STICKS	MILK APPLESAUCE CINNAMON TOAST
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.	LUNCH	MILK GREEN BEANS PEACHES CHICKEN SPAGHETTI	MILK PEAS & CARROTS*+ PEARS BUGER WONDERLAND*+	MILK FRESH FRUIT MIX SALAD* CHICKEN RAMEN*	MILK SWEET POTATO FRIES PINEAPPLE & CHERRY MIX* SLOPPY JOE	MILK TROPICAL FRUIT*+ JAMMIN JAMBALAYA
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	PM SNACK	RICE CAKE YOGURT GO-GURT ** WATER	TROPICAL SMOOTHIE*+ WW CRACKERS WATER	WG CHEEZ- IT CRACKERS ** DELI TURKEY ROLL UP WATER	FRESH VEGETABLE MIX* SUNBUTTER DIP WATER	MINI BAGEL ** BANANA WATER

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

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** CN Product

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

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Cycle Four

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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
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	BREAKFAST	MILK BANANA WG CEREAL	MILK CINNAMON PEARS CHEESY TOAST	MILK MIXED BERRIES*+ GOLDEN PORRIDGE	MILK APPLESAUCE MINI CINNAMON ROLL**	MILK MANDARIN ORANGES ENGLISH MUFFIN w/jelly
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.	LUNCH	MILK BROCCOLI/CAULIFLOWER SALAD*+ BUNNY STICKS*+ WW ROLL BBQ CHICKEN	MILK MANGO*+ TWO HEADED MONSTER MEAL	MILK PINTO BEANS COLESLAW *+ CORNBREAD FISH **	MILK GREEN BEANS TROPICAL FRUIT*+ CHICKEN & WAFFLE	MILK PEAS & CARROTS*+ WW ROLL TATOR TOT CASSEROLE
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	PM SNACK	CHERRY & PINEAPPLE MIX* BUG BITE GRAHAM CRACKERS WATER	MEXICAN STREET CORN TORTILLA CHIPS WATER	SUNBUTTER TORTILLA ROLL UP WATER	ORANGE SLICES* RICECAKE WATER	APPLE NACHOS w/ CARMEL YOGURT 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 statement)

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

Community Services Head Start 2024/2025 Menu

Cycle Five

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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
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	BREAKFAST	MILK BERRY BANANA SPLIT*+	MILK APRICOTS*+ FRECH TOAST STICK	MILK PEACHES MINI BAGEL**	MILK MANDARIN ORANGES CHICKEN SAUSAGE BISCUIT**	MILK BREAKFAST PIZZA
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.	LUNCH	MILK APPLE SLICES* CHICKEN TORTILLA SOUP	MILK TATOR TOTS TROPICAL FRUIT*+ CRABBY PATTY BURGER **	MILK FRESH FRUIT SALAD* BROWN RICE ASIAN CHICKEN & BROCCOLI *+	MILK GREEN SALAD /diced tomatoes*+ COOKED CINNAMON APPLES BEEF & CHEESE TACOS	MILK FRESH VEGETABLES* ORANGE SLICES* TURKEY & CHEESE SANDWICH
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	PM SNACK	VEGGIE WHEAT THIN CRACKERS** CHEESE STICK WATER	CHEEZY ENGLISH MUFFIN WATER	WG CHEEZ-IT CRACKERS GOGURT YOGURT WATER	FRUIT-ASTIC SALSA*+ TORTILLA CHIPS WATER	TEDDY BEAR SMOOTHIE* 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 statement)

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

Community Services Head Start 2024/2025 Menu

Cycle Six

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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
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	BREAKFAST	MILK PEARS WG CEREAL	MILK COOKED APPLES CINNAMON TOAST	MILK CHERRY & MANGO*+ GOLDEN PORRIDGE	MILK APRICOTS*+ CHICKEN SAUSAGE BISCUIT**	MILK ROSIE APPLESAUCE SUNBUTTER on a WAFFLE
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.	LUNCH	MILK GREEN BEANS BERRY MIX*+ WW ROLL SALSBURY STEAK**	MILK ZUCCHINI & SQUASH*+ PINEAPPLES WW ROLL BBQ CHICKEN	MILK SPINACH SALAD w/diced tomatoes*+ ORANGE SLICES* BEEF & CHEESE NACHOS	MILK TROPICAL FRUIT*+ CHICKEN RAMEN*	MILK SPINACH SALAD w/ diced tomatoes*+ MANGOES*+ WW ROLL TATOR TOT CASSEROLE
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	PM SNACK	TIGER BITE GRAHAM CRACKER TROPICAL FRUIT*+ WATER	FRESH VEGETABLES* SUNBUTTER DIP WATER	MEXICAN STREET CORN TORTILLA CHIPS WATER	CHEEZ-IT CRACKERS ** YOGURT WATER	TOOTIE FRUITY CHIP DIP RICE CAKE 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

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



Community Services

Early Head Start 2024/2025 Menu

Cycle 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
Milk - 1/2 c Fruit/vegetable - 1/ 4c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST MILK BANANA WG CEREAL	BREAKFAST MILK CHERRY / PINEAPPLES MIX* 1/2 CINNAMON WW TOAST	BREAKFAST MILK APPLESAUCE 1/2 CHICKEN SAUSAGE BISCUIT**	BREAKFAST MILK ORANGE SLICES* FRENCH TOAST STICKS	BREAKFAST MILK PEACHES MINI BAGEL**
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH MILK DICED BROCCOLI / CAULIFLOWER SALAD*+ TROPICAL FRUIT*+ CHICKEN & WAFFLE	LUNCH MILK SALAD w/diced tomatoes*+ ROSIE PEARS BEEF/CHEESE TACO	LUNCH MILK PEACHES JAMMIN' JAMBALAYA *+	LUNCH MILK GREEN BEANS MASHED POTATO CORNBREAD SALSBURY STEAK**	LUNCH MILK BUNNY STICKS*+ BERRIES*+ MINI CHICKEN SALAD SANDWICH
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	PM SNACK VEGGIE WHEAT THINS CRACKERS** CHEESE STICK WATER	PM SNACK MEXICAN STREET CORN WW CRACKERS WATER	PM SNACK APPLES SLICES* SUNBUTTER WATER	PM SNACK BUG BITE GRAHAM CRACKERS YOGURT GO-GURT WATER	PM SNACK MANDARIN ORANGES RICE CAKES 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, Pineapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



Community Services

Early Head Start 2024/2025 Menu

Cycle Two



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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	
Milk - 1/2 c Fruit/vegetable - 1/ 4c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST	MILK APRICOTS*+ TOASTED ENGLISH MUFFIN w/cream cheese	MILK PEARS GOLDEN PORRIDGE	MILK FRESH FRUIT WG CEREAL	MILK BREAKFAST PIZZA	
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH	MILK SWEET POTATO FRIES GREEN SALAD w/sliced tomatoes*+ MINI CRABBY PATTY BURGER**	MILK MANGO*+ BROWN RICE ASIAN CHICKEN & BROCCOLI *+	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**	MILK SPINACH SALAD w/ diced tomatoes*+ ORANGE SLICES* BEEF & CHEESE NACHOS	
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	PM SNACK	TIGER BITE GRAHAM CRACKER MANDARIN ORANGES WATER	TEDDY BEAR SMOOTHIES* WW CRACKERS WATER	CUCUMBER SLICES SUNBUTTER DIP WATER	FRUIT-ASTIC SALSA*+ BUG BITE GRAHAM CRACKER WATER	TOASTED ENGLISH MUFFIN w/SUNBUTTER WATER

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** CN Product

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

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



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Early Head Start 2024/2025 Menu

Cycle Three



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Milk - 1/2 c Fruit/vegetable - 1/ 4c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST	MILK BERRY ** & YOGURT PARFAIT	MILK COOKED CINNAMON APPLES CHICKEN SAUSAGE BISCUIT	MILK PEACHES MINI CINNAMON ROLL**	MILK MANDARIN ORANGES FRENCH TOAST STICKS	MILK APPLESAUCE 1/2 CINNAMON TOAST
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH	MILK GREEN BEANS PEACHES CHICKEN SPAGHETTI	MILK PEAS & CARROTS*+ PEARS BUGER WONDERLAND*+	MILK FRESH FRUIT MIX SALAD* CHICKEN RAMEN*	MILK SWEET POTATO FRIES PINEAPPLE & CHERRY MIX* MINI SLOPPY JOE	MILK TROPICAL FRUIT*+ JAMMIN JAMBALAYA
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	PM SNACK	RICE CAKE YOGURT GO-GURT ** WATER	TROPICAL SMOOTHIE*+ WW CRACKERS WATER	WG CHEEZ-IT CRACKERS ** DELI TURKEY ROLL UP WATER	FRESH VEGETABLE MIX* SUNBUTTER DIP WATER	MINI BAGEL ** BANANA 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, Pineapple, Orange, Nectarine, Mango, Kiwi, or Plum

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Community Services

Early Head Start 2024/2025 Menu



Cycle Four

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Milk - 1/2 c Fruit/vegetable - 1/ 4c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST MILK BANANA WG CEREAL	BREAKFAST MILK CINNAMON PEARS 1/2 CHEESY TOAST	BREAKFAST MILK MIXED BERRIES*+ GOLDEN PORRIDGE	BREAKFAST MILK APPLESAUCE MINI CINNAMON ROLL**	BREAKFAST MILK MANDARIN ORANGES ENGLISH MUFFIN w/jelly
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH MILK DICED BROCCOLI / CAULIFLOWER SALAD*+ BUNNY STICKS*+ WW ROLL BBQ CHICKEN	LUNCH MILK MANGO*+ TWO HEADED MONSTER MEAL	LUNCH MILK PINTO BEANS COLESLAW *+ CORNBREAD FISH**	LUNCH MILK GREEN BEANS TROPICAL FRUIT*+ CHICKEN & WAFFLE	LUNCH MILK PEAS & CARROTS*+ WW ROLL TATOR TOT CASSEROLE
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	PM SNACK CHERRY & PINEAPPLE MIX* BUG BITE GRAHAM CRACKERS WATER	PM SNACK MEXICAN STREET CORN WW CRACKERS WATER	PM SNACK SUNBUTTER TORTILLA ROLL UP WATER	PM SNACK ORANGE SLICES* RICECAKE WATER	PM SNACK APPLE NACHOS w/ CARMEL YOGURT 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.

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

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Cycle Five

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Milk - 1/2 c Fruit/vegetable - 1/ 4c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST MILK BERRY BANANA SPLIT*+	BREAKFAST MILK APRICOTS*+ FRECH TOAST STICK	BREAKFAST MILK PEACHES MINI BAGEL**	BREAKFAST MILK MANDARIN ORANGES 1/2 CHICKEN SAUSAGE BISCUIT**	BREAKFAST MILK BREAKFAST PIZZA
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH MILK APPLE SLICES* CHICKEN TORTILLA SOUP	LUNCH MILK TATOR TOTS TROPICAL FRUIT*+ MINI CRABBY PATTY BURGER **	LUNCH MILK FRESH FRUIT SALAD* BROWN RICE ASIAN CHICKEN & BROCCOLI*+	LUNCH MILK GREEN SALAD /diced tomatoes*+ COOKED CINNAMON APPLES BEEF &CHEESE TACOS	LUNCH MILK FRESH VEGETABLES* ORANGE SLICES* 1/2 TURKEY & CHEESE SANDWICH
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	PM SNACK VEGGIE WHEAT THIN CRACKERS** CHEESE STICK WATER	PM SNACK CHEEZY ENGLISH MUFFIN WATER	PM SNACK WG CHEEZ-IT CRACKERS YOGURT GO-GURT WATER	PM SNACK FRUIT-ASTIC SALSA* CRACKERS WATER	PM SNACK TEDDY BEAR SMOOTHIE* 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.

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

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



Community Services

Early Head Start 2024/2025 Menu

Cycle Six



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Milk - 1/2 c Fruit/vegetable - 1/ 4c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST MILK PEARS WG CEREAL	BREAKFAST MILK COOKED APPLES 1/2 CINNAMON TOAST	BREAKFAST MILK CHERRY & MANGO*+ GOLDEN PORRIDGE	BREAKFAST MILK APRICOTS*+ CHICKEN SAUSAGE BISCUIT**	BREAKFAST MILK BREEN BEANS BERRY MIX*+ WW ROLL SALSBURY STEAK**
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH MILK APPLE SLICES* CHICKEN TORTILLA SOUP	LUNCH MILK ZUCCHINI & SQUASH*+ PINEAPPLES WW ROLL BBQ CHICKEN	LUNCH MILK SPINACH SALAD w/diced tomatoes*+ ORANGE SLICES* BEEF & CHEESE NACHOS	LUNCH MILK TROPICAL FRUIT*+ CHICKEN RAMEN*	LUNCH MILK SPINACH SALAD w/ diced tomatoes*+ MANGOS*+ WW ROLL TATOR TOT CASSEROLE
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	PM SNACK TIGER BITE GRAHAM CRACKER TROPICAL FRUIT*+ WATER	PM SNACK CUCUMBER SLICES * SUNBUTTER DIP WATER	PM SNACK MEXICAN STREET CORN WW CRACKERS WATER	PM SNACK WG CHEEZ-IT CRACKERS ** YOGURT GO-GURT WATER	PM SNACK TOOTIE FRUITY CHIP DIP RICE CAKE WATER

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

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