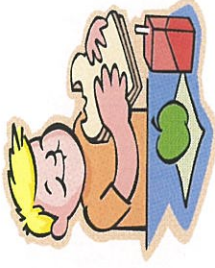




Community Services Head Start 2017/ 2018 Menu



Cycle 1

+ MEANS A GOOD SOURCE OF VITAMIN A

* MEANS A GOOD SOURCE OF VITAMIN C

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|--|---|--|
| BREAKFAST | 1/2 C TOOTIE FRUIT CHIP DIP 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C APPLE WEDGES* MINI WHEAT BAGELS** 3/4 C MILK | 1/2 C BANANA* 1 OZ CEREAL 3/4 C MILK | 1/2 C BERRIES* 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C FRESH FRUIT 1 OZ FRENCH TOAST STICK** 3/4 C MILK |
| LUNCH | 1.5 OZ BBQ CHICKEN 1/4 C SWEET POTATO** 1/4 C BAKED BEANS 1 WHEAT ROLL 3/4 C MILK | VERACRUZ BEAN TORTILLAS 1/4 C GREEN SALAD w/diced tomatoes* 1/4 C APRICOT 3/4 C MILK | 2 OZ BAKED FISH 1/4 C GINGER CARROTS+ 1/4 C PINEAPPLE TIDBITS* 1/4 C BROWN RICE 3/4 C MILK | 2 OZ MEATBALL SUB 1/4 C BROCCOLI & CAULIFLOWER SALAD** 1/4 C PEACHES 3/4 C MILK | 3/4 C CHICKEN ALFREDO w/ TWIST 1/4 C SPINACH SALAD w/diced tomatoes* 1/4 C MANGO+* 3/4 C MILK |
| PM SNACK | 1/2 C CARROTS+ 2 OZ YOGURT 1/2 C WATER | SCOOP IT UP CHEESE SPREAD 4 CT WHEAT CRACKERS 1/2 C WATER | 1/2 C APPLESAUCE 1 OZ SCOOPY DOO GRAHAM CRACKERS 1/2 C WATER | 3/4 C SUPERDRINK 2 CT WHEAT CRACKERS 1/2 C WATER | 1 OZ CHEESE CUBES 1/2 C CUCUMBER SLICES 1/2 C WATER |

** CN Product

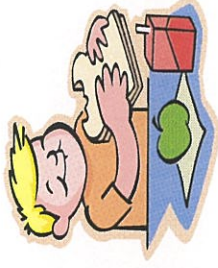
Note: The quantities of food specified are the minimum serving size for children ages 3-5 based on the Child and Adult Food Program

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

Milk is 1% (Lactose free milk is served for children with milk allergies)



Community Services Head Start 2017/ 2018 Menu Cycle 2



+ MEANS A GOOD SOURCE OF VITAMIN A
* MEANS A GOOD SOURCE OF VITAMIN C

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--|---|---|---|--|
| BREAKFAST | PANCAKE ON A STICK** 1/2 C MANDARIN ORANGE+* 3/4 C MILK | 1/2 C PEACHES 1 EGG** 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C APPLE CRISP* 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C FRUIT MINI WHEAT BAGEL 3/4 C MILK | 1/2 C BAKED APPLES* 1/2 CHEESEY TOAST 3/4 C MILK |
| LUNCH | 2 OZ SALISBURY STEAK** 1/4 C POPPIN POTATOES 1/4 C APPLE WEDGES* 1/2 SLICE OF WHEAT BREAD 3/4 C MILK | 3/4 C JAMMIN' JAMBALAYA* 1/4 C STEAMED BROCCOLI +* 3/4 C MILK | 3/4 C SPAGHETTI w/ MEATBALLS 1/4 C GREEN SALAD w/ diced tomatoes* 1/4 C MANGO+* 3/4 C MILK | 2 OZ TUNA SALAD SANDWICH 1/4 C CARROTS* 1/4 C DICED PEARS 3/4 C MILK | 3/4 C CHICKEN STEW* 1/2 GRILLED CHEESE SANDWICH 1/4 C APPLESAUCE 3/4 C MILK |
| PM SNACK | 1/2 C BANANA* 1/2 OZ DRY CEREAL 1/2 C WATER | 1/2 C WINTER MIX* MINI WHEAT BAGEL 1/2 C WATER | 1/2 C RED & GREEN BELL PEPPER SLICES* w/ ranch dressing 1 OZ CORN CHIPS 1/2 C WATER | 6 OZ BERRY BANANA SPLIT * 1/2 C WATER | 1/2 C BROCCOLI & CAULIFLOWER SALAD +* 4 WHEAT CRACKERS 1/2 C WATER |

** CN Product

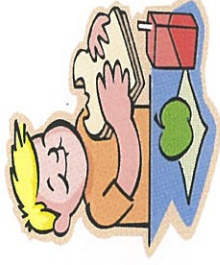
Note: The quantities of food specified are the minimum serving size for children ages 3-5 based on the Child and Adult Food Program

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

Milk is 1% (Lactose free milk is served for children with milk allergies)



Community Services Head Start 2017/ 2018 Menu



Cycle 3

+ MEANS A GOOD SOURCE OF VITAMIN A

* MEANS A GOOD SOURCE OF VITAMIN C

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|--|---|--|--|
| BREAKFAST | 1/2 C MANDARIN ORANGE+* 1 OZ FRENCH TOAST STICK** 3/4 C MILK | 1/2 C DICED PEARS 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C BAKED APPLES* 1/2 C GOLDEN PORRIDGE 3/4 C MILK | 1/2 C BANANA* 1 OZ CEREAL 3/4 C MILK | 1/2 C MIX BERRIES* 1/2 SLICE OF WHEAT TOAST 3/4 C MILK |
| LUNCH | 1.5 OZ BURGER ON A BUN 1/4 C LETTUCE & TOMATO* 1/4 C PEACHES 3/4 C MILK | 1.5 OZ TURKEY AND CHEESE ROLL UP 1/4 C BUNNY STICKS+* 1/4 C FRESH FRUIT 3/4 C MILK | 3/4 C CHILI CORN CHIP BAKE 1/4 C GREEN SALAD w/ diced tomatoes+ 1/4 C PINEAPPLE TIDBITS* 3/4 C MILK | 1.5 OZ BAKED CHICKEN 1/4 C SPINACH+* 1/4 C MANGO+* 1/4 C BROWN RICE 3/4 C MILK | 2 OZ BEEF & CHEESE NACHOS 1/4 C GREEN SALAD w/diced tomatoes * 1/4C CINNAMON APPLESAUCE 3/4 C MILK |
| PM SNACK | 1/2 C TOOTIE FRUIT CHIP DIP 1 OZ SCOOPY DOO GRAHAM CRACKER 1/2 C WATER | 1/2 OZ BEAN DIP 1 OZ CORN CHIP 1/2 C WATER | 3/4 C SUPER DRINK 2 CT WHEAT CRACKERS 1/2 C WATER | 1/4 C SANDY SNACK 1/2 C FRESH VEGETABLES* 1/2 C WATER | 1/2 C APPLE WEDGES* 4 WHEAT CRACKERS 1/2 C WATER |

** CN Product

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

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

Milk is 1% (Lactose free milk is served for children with milk allergies)

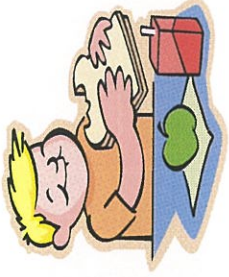


Community Services Head Start 2017/ 2018 Menu

Cycle 4

+ MEANS A GOOD SOURCE OF VITAMIN A

* MEANS A GOOD SOURCE OF VITAMIN C



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--|--|--|---|---|
| BREAKFAST | 1/2 C APPLE WEDGES* MINI WHEAT BAGEL** 3/4 C MILK | 1/2 C BERRIES* 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C BAKED APPLES* 1 EGG** 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C APRICOTS+ PANCAKE ON A STICK** 3/4 C MILK | 1/2 APPLE CRISP* 1/2 SLICE OF WHEAT TOAST 3/4 C MILK |
| LUNCH | 3/4 C CHICKEN ALFREDO w/ TWIST 1/4 C SPINACH SALAD +* 1/4 C PEACHES 3/4 C MILK | 3/4 C SPAGHETTI w/ meat 1/4 C CORN 1/4 C MANGO+* 3/4 C MILK | 2 OZ FISH ON A BUN** 1/4 C GINGER CARROTS* 1/4 C BAKED BEANS 3/4 C MILK | 1.5 OZ BBQ BAKED CHICKEN 1/4 C SWEET POTATOES+* 1/4 C DICED PEARS 1/4 C BROWN RICE 3/4 C MILK | PIZZA** 1/4 C SPINACH SALAD + 1/4 C MANDARIN ORANGE+* 3/4 C MILK |
| PM SNACK | 1/2 C FRESH FRUIT 2 OZ YOGURT 1/2 C WATER | 1/2 C WINTER MIX* 1 OZ SCOOPY DOO GRAHAM CRACKERS 1/2 C WATER | CHEESEY TOAST 1/2 C WATER | 3/4 C ISLAND FUN PASTA SALAD* 1/2 C WATER | 1/2 C FRESH VEGETABLES 1 OZ CHEESE CUBES 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

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

Milk is 1% (Lactose free milk is served for children with milk allergies)

** CN Product

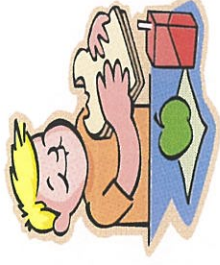


Community Services Head Start 2017/ 2018 Menu

Cycle 5

+ MEANS A GOOD SOURCE OF VITAMIN A

* MEANS A GOOD SOURCE OF VITAMIN C



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|---|--|---|---|--|
| BREAKFAST | 1/2 C APPLE WEDGES* MINI WHEAT BAGEL** 3/4 C MILK | 1/2 C PEACHES 1/2 C GOLDEN PORRIDGE 3/4 C MILK | 1/2 C BANANA* 1 OZ CEREAL 3/4 C MILK | 1/2 C APRICOTS+ 1 OZ FRENCH TOAST STICK** 3/4 C MILK | 1/2 C PINEAPPLE TIDBITS 1/2 GRILLED CHEESE SANDWICH 3/4 C MILK |
| LUNCH | 1 VERACRUZ BEAN TORTILLAS 1/4 C GREEN SALAD w/ diced tomatoes* 1/4 C MIX BERRIES* 3/4 C MILK | 3/4 C JAMMIN' JAMBALAYA* 1/4 C STEAMED BROCCOLI+* 3/4 C MILK | 2 OZ MEATBALL SUB SANDWICH 1/4 C PEAS & CARROTS* 1/4 C MANGOS+* 3/4 C MILK | 2 OZ BAKED FISH** 1/4 C GREEN BEANS 3/4 C ISLAND FUN PASTA SALAD* 3/4 C MILK | 2 OZ SALISBURY STEAK** 1/4 C POPPIN POTATOES 1/4 C FRESH FRUIT 1 WHEAT ROLL 3/4 C MILK |
| PM SNACK | 1 FRESH MANDARIN ORANGE+* 2 OZ YOGURT 1/2 C WATER | 1/2 C CINNAMON APPLESAUCE 1 OZ SCOOPY DOO GRAHAM CRACKER 1/2 C WATER | SCOOP IT UP CHEESE SPREAD 4 CT WHEAT CRACKERS 1/2 C WATER | 1/2 OZ BEAN DIP 1 OZ CORN CHIP 1/2 C WATER | 1/2 C BROCCOLI & CAULIFLOWER SALAD+* 4 CT WHEAT CRACKER 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

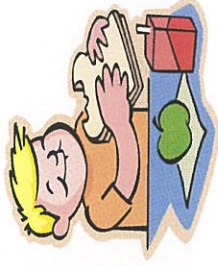
SEASONAL FRESH FRUIT = Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

Milk is 1% (Lactose free milk is served for children with milk allergies)

** CN Product



Community Services Head Start 2017/ 2018 Menu



Cycle 6

+ MEANS A GOOD SOURCE OF VITAMIN A

* MEANS A GOOD SOURCE OF VITAMIN C

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------|--|---|---|--|---|
| BREAKFAST | 1/2 C DICED PEARS 1 EGG** 1/2 SLICE OF WHEAT TOAST 3/4 C MILK | 1/2 C BANANA* 1 OZ CEREAL 3/4 C MILK | 1/2 C PEACHES PANCAKE ON A STICK 3/4 C MILK | 1/2 C ORANGE WEDGES* MINI WHEAT BAGEL 3/4 C MILK | 1/2 C BAKED APPLES* 1/2 SLICE OF WHEAT TOAST 3/4 C MILK |
| LUNCH | 1.5 OZ BAKED CHICKEN 1/4 C SWEET POTATOES +* 1/4 C APPLE WEDGES* 1 WHEAT ROLL 3/4 C MILK | 3/4 C CHICKEN STEW* 1/2 GRILLED CHEESE SANDWICH 1/4 C APRICOTS+ 3/4 C MILK | 3/4 C CHILI CORN CHIP BAKE 1/4 C SPINACH SALAD w/diced tomatoes+* 1/4C MANDARIN ORANGES+* 3/4 C MILK | 1.5 OZ TURKEY & CHEESE ROLL UP 1/4 C BUNNY STICKS +* 1/4 C DICED PEARS 3/4 C MILK | 2 OZ BEEF & CHEESE NACHOS 1/4 C CORN 1/4 C MIX BERRIES* 3/4 C MILK |
| PM SNACK | CHEESEY TOAST 1/2 C WATER | 1/2 C TOOTIE FRUIT CHIP DIP 1 OZ SCOOPY DOO GRAHAM CRACKER 1/2 C WATER | 1/2 C RED & GREEN BELL PEPPER SLICES* w/franch dressing 4CT WHEAT CRACKERS 1/2 C WATER | 1/2 C BERRY BANANA SPLIT* 1/2 C WATER | 1 OZ CHEESE CUBES 1/2 C FRESH 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

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

Milk is 1% (Lactose free milk is served for children with milk allergies)

** CN Product