

# Community Services Head Start 2020/ 20201 Menu

## Cylce 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
<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 MANGO*+ TOAST /jelly	MILK STRAWBERRIES* WG PANCAKE**	MILK ORANGE SLICES* SAUSAGE BISCUIT	MILK BANANA WG CEREAL	MILK MANDARIN ORANGE / MIX* 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/ma</b> - 1 1/2 oz eq.	LUNCH	MILK PEAS & CARROTS*+ ROSIE PEARS CHICKEN SALAD BOAT	MILK BROCCOLI *+ PEACHES GRILLED CHEESE SANDWICH	MILK TATOR TOTS MIXED BERRIES*+ SLOPPY JOE SANDWICH	MILK GREEN BEANS FRESH FRUIT MAC & CHEESE / 1 OZ OF TURKEY	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	APPLESAUCE * WG ENGLISH MUFFIN WATER	SNOW PEAS* YOGURT DIP WATER	1/2 SUNBUTTER SANDWICH WATER	BROCCOLI & CAULIFLOWER SALAD*+ WG BREAD STICK WATER	SUPER DRINK* WG CRACKERS WATER

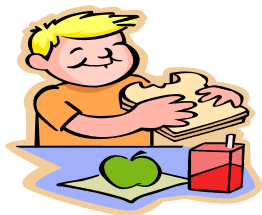
**Milk is served with Breakfast and Lunch.** ( Lactose free milk is served for children with milk allergies that have a Doctor statement)

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

\*\* CN Product

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

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



# Community Services Head Start 2020/ 20201 Menu

## Cycle Two

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<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 MANGO*+ JAMMIN JAMBALAYA*	MILK GREEN SALAD w/ diced tomatoes*+ ROSIE PEARS BEEF SOFT TACO	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK PEAS & CARROTS*+ PINEAPPLE TIDBITS* BREADSTICK BBQ CHICKEN	MILK GREEN BEANS ROSIE APRICOTS*+ 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/ma</b> - 1/2 oz	PM SNACK	CHEESE TOAST WATER	TORTILLA CHIPS REFRIED BEANS WATER	SCOBBO DOO GRAHAM CRACKERS CHEESE WATER	APPLESAUCE* GOLDFISH CRACKERS WATER	DRY FRUIT* ENGLISH MUFFIN w/jelly

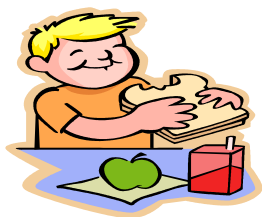
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EXAMPLE OF SEASONAL FRESH FRUIT : Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

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# Community Services Head Start 2020/ 20201 Menu

## Cycle Three

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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 DRY FRUIT* WG CEREAL	MILK BERRY*+ GOLDEN PORRIDGE	MILK ORANGE SLICES* BISCUIT & GRAVY	MILK DICED PEARS WG PANCAKE**	MILK FRUITY WHEEL*
<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 TATOR TOTS PEAS & CARROTS*+ BROWN RICE SALSBURY STEAK**	MILK FIESTA CORN TROPICAL FRUIT* CHICKEN & CHEESE QUESADILLA	MILK SPINACH SALAD*+ PINEAPPLE TIDBITS* CORNBREAD CHILI	MILK GREEN BEANS PEACHES CHICKEN SPAGHETTI	MILK GREEN SALAD w/ diced tomatoes*+ COOKED CINNAMON APPLES* ENGLISH MUFFIN CHEESE 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	FRUIT PARFAIT* WATER	TOMATO SALSA*+ TORTILLA CHIPS WATER	SUNBUTTER on a ENGLISH MUFFIN WATER	FRESH FRUIT * GOLDFISH CRACKERS WATER	BROCCOLI & CAULIFLOWER SALAD*+ WW CRACKERS

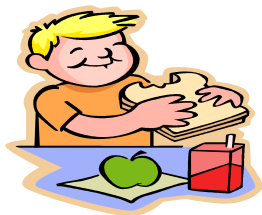
EXAMPLE OF SEASONAL FF

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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 PEACHES PANCAKES**	MILK DICED PEARS CINNAMON TOAST	MILK DRY FRUIT* YOGURT	MILK BANANA SAUSAGE BISCUIT	MILK FRUIT WHEELS*
<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 MANGOS*+ SUMMER SIZZLER*+	MILK SPINACH SALAD/ tomatoes*+ PINEAPPLE/BERRY*+ CHILI CORN CHIP BAKE	MILK COLESLAW*+ TATOR TOTS CORNBREAD FISH**	MILK GREEN SALAD/ tomatoes*+ MIX FRUIT BEEF & CHEESE NACHOES	MILK CARROTS+ PEACHES CHICKEN SALAD BOAT
<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	BREADSTICK SUNBUTTER WATER	APPLESAUCE* SCOBBY DOO GRAHAM CRACKERS WATER	TORTILLA CHIPS REFRIED BEANS WATER	FRESH FRUIT* HONEY YOGURT DIP WATER	WG CRACKERS BOILED EGG WATER

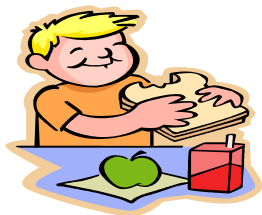
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Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 3/4 c / 1/2 pt. <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	BREAKFAST	MILK COOKED CINNAMON APPLES* WG PANCAKE*	MILK ORANGE SLICES* CINNAMON ENGLISH MUFFIN	MILK BANANA TOAST BOILED EGG	MILK MANDARIN ORANGES BISCUIT/jelly	MILK BERRY*+ 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 PINTO BEANS TROPICAL FRUIT*+ GRILLED CHEESE SANDWICH	MILK CHEESEY BROCCOLI & CAULIFLOWER*+ PEARS PASTITISIO	MILK SPINACH SALAD *+ PINEAPPLE TIDBITS BREADSTICK BBQ CHICKEN	MILK ROSIE APPLESAUCE* MONSTER MARINARA	MILK GREEN BEANS MANGOS*+ BROWN RICE SALSBURY STEAK**
<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	BROCCOLI & CAULIFLOWER SALAD*+ WG CRACKERS WATER	FRUIT PARFAIT* WATER	APPLE SLICES* GOLDFISH CRACKERS WATER	CHEESEY TOAST WATER	CUCUMBER SLICES CHEESE WATER

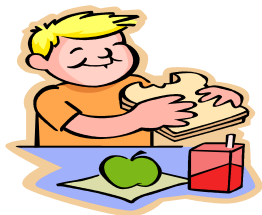
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## Cycle Six

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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 PINEAPPLE TIDBITS SAUSAGE BISCUIT	MILK APRICOTS*+ PANCAKE	MILK APPLE SLICES* 1/2 CHEESEY TOAST	MILK BANANA GOLDEN PORRIDGE	MILK MANDARIN ORANGES*+ CINNAMON ENGLISH MUFFIN
<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*+ TROPICAL FRUIT*+ MAC & CHEESE 1 OZ TURKEY	MILK GREEN BEANS TATOR TOTS SLOPPY JOE	MILK SPINACH SALAD / tomatoes*+ PEACHES CHICKEN SPAGHETTI	MILK SNOW PEAS*+ PEARS TURKEY AND CHEESE SANDWICH	MILK APPLE SLICES* BREADSTICK CHICKEN & VEGETABLE* SOUP
<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	TOMATO SALSA*+ TORTILLA CHIPS WATER	SUPER DRINK* 2 WG CRACKERS WATER	CUCUMBER SLICES CHEESE WATER	DRY FRUIT* HONEY YOGURT DIP WATER	1/2 SUNBUTTER SANDWICH WATER

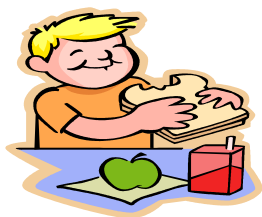
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EXAMPLE OF SEASONAL FRESH FRUIT : Berries, Melon, Apple, Banana, Peach, Pineapple, Orange, Nectarine, Mangos, Kiwi, or Plum

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# Community Services Early Head Start 2020/ 20201 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 month - 36 months based on the Child and Adult 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 inplace of grain	BREAKFAST	MILK BANANA TOAST /jelly	MILK STRAWBERRIES* WG PANCAKE**	MILK ORANGE SLICES* SAUSAGE BISCUIT	MILK BANANA WG CEREAL	MILK MANDARIN ORANGE* CINNAMON TOAST
<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.	LUNCH	MILK PEAS & CARROTS*+ ROSIE PEARS CHICKEN SALAD BOAT	MILK DICED BROCCOLI *+ PEACHES GRILLED CHEESE SANDWICH	MILK TATOR TOTS MIXED BERRIES*+ SLOPPY JOE SANDWICH	MILK GREEN BEANS FRESH FRUIT MAC & CHEESE / 1 OZ OF TURKEY	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	APPLESAUCE * WG ENGLISH MUFFIN WATER	SNOW PEAS* YOGURT DIP WATER	1/2 SUNBUTTER SANDWICH WATER	BROCCOLI & CAULIFLOWER SALAD*+ GOLDFISH CRACKERS WATER	SUPER DRINK* WG CRACKERS WATER

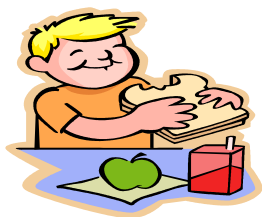
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**Example of Seasonal Fresh Fruit:** Berries, Melon, Apple, Banana, Peach, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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<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.	LUNCH	MILK MANGO*+ JAMMIN JAMBALAYA*	MILK GREEN SALAD w/ diced tomatoes*+ ROSIE PEARS BEEF SOFT TACO	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK PEAS & CARROTS*+ PINEAPPLE TIDBITS* WW BREAD BBQ CHICKEN	MILK GREEN BEANS ROSIE APRICOTS*+ 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/ma</b> - 1/2 oz	PM SNACK	CHEESE TOAST WATER	FRITOS REFRIED BEANS WATER	SCOBBY DOO GRAHAM CRACKERS CHEESE WATER	APPLESAUCE* GOLDFISH CRACKERS WATER	BERRIES* ENGLISH MUFFIN w/jelly

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

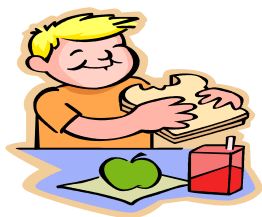
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<b>BREAKFAST</b> <b>Milk</b> - 1/2c <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	MILK FRESH FRUIT* WG CEREAL	MILK BERRY*+ GOLDEN PORRIDGE	MILK ORANGE SLICES* BISCUIT w/ jelly	MILK DICED PEARS WG PANCAKE**	MILK FRUITY WHEEL*
<b>LUNCH</b> <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.	MILK TATOR TOTS PEAS & CARROTS*+ BROWN RICE SALSBURY STEAK**	MILK FIESTA CORN TROPICAL FRUIT* CHICKEN & CHEESE QUESADILLA	MILK SPINACH SALAD*+ PINEAPPLE TIDBITS* CORNBREAD CHILI	MILK GREEN BEANS PEACHES CHICKEN SPAGHETTI	MILK GREEN SALAD w/ diced tomatoes*+ COOKED CINNAMON APPLES* ENGLISH MUFFIN CHEESE PIZZA
<b>PM SNACK</b> <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	FRUIT PARFAIT* WATER	TOMATO SALSA*+ FRITOS WATER	SUNBUTTER on a ENGLISH MUFFIN WATER	FRESH FRUIT * GOLDFISH CRACKERS WATER	BROCCOLI & CAULIFLOWER SALAD*+ WW CRACKERS

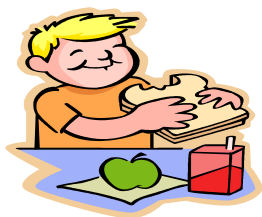
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<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/2 c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - maybe served 3 times a week in place of grain	BREAKFAST	MILK PEACHES PANCAKES**	MILK DICED PEARS CINNAMON TOAST	MILK BERRY* YOGURT	MILK BANANA SAUSAGE BISCUIT	MILK FRUIT WHEELS*
<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.	LUNCH	MILK MANGOS*+ SUMMER SIZZLER*+	MILK SPINACH SALAD/ tomatoes*+ PINEAPPLE/BERRY*+ CHILI CORN CHIP BAKE	MILK COLESLAW*+ TATOR TOTS CORNBREAD FISH**	MILK GREEN SALAD/ tomatoes*+ MIX FRUIT BEEF & CHEESE NACHOS	MILK CARROTS+ PEACHES CHICKEN SALAD BOAT
<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	WG CRACKERS SUNBUTTER WATER	APPLESAUCE* SCOBBY DOO GRAHAM CRACKERS WATER	FRITOS REFRIED BEANS WATER	FRESH FRUIT* HONEY YOGURT DIP WATER	WG CRACKERS BOILED EGG WATER

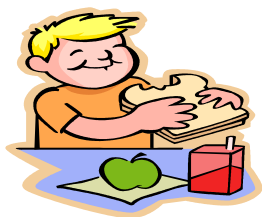
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The quantities of food specified are the minimum serving size for children ages 12 month -36 months based on the Child and Adult Food Program

Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <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 COOKED CINNAMON APPLES* WG PANCAKE*	MILK ORANGE SLICES* CINNAMON ENGLISH MUFFIN	MILK BANANA TOAST BOILED EGG	MILK MANDARIN ORANGES* BISCUIT/jelly	MILK BERRY*+ YOGURT
<b>Milk</b> -1/2 c <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.	LUNCH	MILK PINTO BEANS TROPICAL FRUIT*+ GRILLED CHEESE SANDWICH	MILK CHEESEY BROCCOLI & CAULIFLOWER*+ PEARS PASTITISIO	MILK SPINACH SALAD *+ PINEAPPLE TIDBITS WW BREAD BBQ CHICKEN	MILK ROSIE APPLESAUCE* MONSTER MARINARA	MILK GREEN BEANS MANGOS*+ BROWN RICE SALSBURY STEAK**
<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	BROCCOLI & CAULIFLOWER SALAD*+ WG CRACKERS WATER	FRUIT PARFAIT* WATER	APPLE SLICES* GOLDFISH CRACKERS WATER	CHEESEY TOAST WATER	CUCUMBER SLICES CHEESE WATER

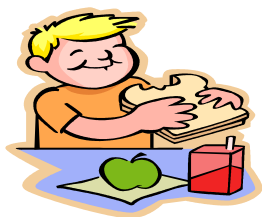
**Milk is served with Breakfast and Lunch.** ( Lactose free milk is served for children with milk allergies that have a Doctor statement)

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, Mangos, Kiwi, or Plum

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



# Community Services Early Head Start 2020/ 20201 Menu

## Cycle Six

+ MEANS A GOOD SOURCE OF VITAMIN A

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Component size		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b> - 1/2 c <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 PINEAPPLE TIDBITS SAUSAGE BISCUIT	MILK APRICOTS*+ PANCAKE	MILK APPLE SLICES* 1/2 CHEESEY TOAST	MILK BANANA GOLDEN PORRIDGE	MILK MANDARIN ORANGES*+ CINNAMON ENGLISH MUFFIN
<b>Milk</b> - 1/2 c <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.	LUNCH	MILK PEAS & CARROTS*+ TROPICAL FRUIT*+ MAC & CHEESE 1 OZ TURKEY	MILK GREEN BEANS TATOR TOTS SLOPPY JOE	MILK SPINACH SALAD / tomatoes*+ PEACHES CHICKEN SPAGHETTI	MILK TOMATO SLICES*+ PEARS TURKEY AND CHEESE SANDWICH	MILK APPLE SLICES* WG CRACKERS CHICKEN & VEGETABLE* SOUP
<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	SCOBBY DOO GRAHAM CRACKERS SUNBUTTER WATER	SUPER DRINK* 2 WG CRACKERS WATER	CUCUMBER SLICES CHEESE WATER	FRESH FRUIT* HONEY YOGURT DIP WATER	1/2 SUNBUTTER SANDWICH WATER

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

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