



Community Services

Head Start 2022/ 2023 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
BREAKFAST	Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	MILK CINNAMON PEARS SAUSAGE BISCUIT**	MILK ROSIE APPLESAUCE WW PANCAKE**	MILK PEACHES MINI BAGEL**	MILK BANANA WG CEREAL	MILK MIX FRUIT 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/ma - 1 1/2 oz eq.	MILK MEXICAN CORN* BERRIES*+ BEEF TACO	MILK BROCCOLI* MANGOS*+ CHICKEN ALFREDO	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK SLICED TOMATOES AND CUCUMBERS* MANDARIN ORANGES* BREADSTICK BBQ CHICKEN	MILK ROSIE PINEAPPLE 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	WG CHEEZ-IT CRACKERS** CHEESE STICK WATER	ORANGE SMILES* BUG BITES GRAHAM** WATER	CARROT STICKS* SUNBUTTER WATER	WHEAT THIN CRACKERS** 1/2 BOILED EGG WATER	DRY FRUIT* DRY 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 serve 1/2 cup water with our pm snacks



Community Services

Head Start 2022/ 2023 Menu

Cycle Two



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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
BREAKFAST	MILK PINEAPPLE BERRIE MIX*+ PANCAKE ON A STICK**	MILK BERRY BANANA SPLIT*+	MILK MANDARIN ORANGES* WW TOAST	MILK ROSIE APRICOT* + WG CEREAL	MILK DRY FRUIT* GOLDEN PORRIDGE
LUNCH	MILK SPINACH SALAD/ diced tomatoes*+ ROLL BEEF TATER TOT CASSEROLE	MILK SWEET POTATO FRIES CHEESY BROCCOLI* CHICKEN SLIDDERS	MILK RAINBOW BELL PEPPERS*+ PEACHES CHILI CORN CHIP CASSEROLE	MILK CARROTS* APPLE SMILES* CHICKEN & WAFFLE	MILK PIZZA GREEN BEANS* PEARS PIZZA STICK** CHEESE STICK
PM SNACK	FRESH VEGETABLES YOGURT DIP WATER	ROSIE PEARS TEDDY GRAHAMS** WATER	SUPER DRINK*+ CORN MUFFIN WATER	CELERY STICKS CHEESE WATER	APPLESAUCE 1/2 WW TOAST 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.

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Cycle Three

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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 - may be served 3 times a week in place of grain	MILK APRICOTS*+ 1/2 WW TOAST 1/2 BOILED EGG	MILK PINEAPPLE BERRIE MIX*+ WW PANCAKE**	MILK FRESH FRUIT WG CEREAL	MILK MIX FRUIT MINI BAGEL**	MILK TROPICAL FRUIT*+ SAUSAGE BISCUIT**
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 APPLE SMILES* TORTILLA CHIPS MEXICALI TACO BOAT*+	MILK SPINACH SALAD MIX w/ diced tomatoes*+ BROWN RICE PINEAPPLE CHICKEN*	MILK PINTO BEANS TOMATO & CUCUMBER*+ CORNBREAD FISH**	MILK MANGOS*+ BROWN RICE JAMMIN' JAMBALAYA*	MILK PEAS & CARROTS*+ SWEET POTATO FRIES SLOPPY JOE
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	BUG BITES GRAHAM** YOGURT GO-GURT** WATER	1/2 GRILLED CHEESE SANDWICH WATER	MANDARIN ORANGES* TEDDY GRAHAM** WATER	CARROTS* BOILED EGG 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

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



Community Services

Head Start 2022/ 2023 Menu



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 Care 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 - may be served 3 times a week in place of grain	BREAKFAST	MILK PEACHES PANCAKE ON A STICK**	MILK DRY FRUIT* GOLDEN PORRIDGE	MILK BANANA WG CEREAL	MILK TROPICAL FRUIT*+ SAUSAGE BISCUIT**	MILK PINEAPPLE 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 GREEN SALAD MIX w/tomatoes*+ TATER TOTS CRABBY PATTY** BURGER	MILK RAINBOW BELL PEPPER SLICES*+ FRESH FRUIT* TURKEY & CHEESE SLIDDER	MILK GREEN SALAD w/spinach & tomatoes*+ PEARS BEEF & CHEESE NACHOS	MILK BROCCOLLI*+ MIXED FRUIT CHICKEN ALFREDO	MILK SWEET POTATO FRIES ORANGE SMILES* CHILI DOGS
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	WHEAT THIN CRACKERS** CHEESE WATER	FRESH VEGGIE STICKS SUNBUTTER WATER	TOMATO SALSA*+ TORTILLA CHIPS WATER	APPLESAUCE BREADSTICK WATER	SUPER DRINK WW CHEEZ-IT 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 serve 1/2 cup water with our pm snacks



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Head Start 2022/ 2023 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 Care 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- may be served 3 times a week in place of grain	MILK BERRIES*+ WW PANCAKE**	MILK MANDARIN ORANGES* WG CEREAL	MILK BERRY BANANA SPLIT*+	MILK PEACHES CINNAMON TOAST	MILK CINNAMON PEARS SAUSAGE BISCUIT**
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 ROSIE MIX FRUIT CHICKEN FAJITA*+	MILK SPINACH SALAD w/ tomato*+ BREADSTICK BEEF TATER TOT CASSEROLE	MILK PEAS & CARROTS*+ PINEAPPLE CHICKEN & WAFFLE	MILK MEXICAN CORN TROPICAL FRUIT*+ BEEF TACO	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**
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	DRY FRUIT* WG CEREAL WATER	APPLE SMILES* YOGURT GO-GURT*** WATER	WHEAT THIN CRACKERS** CHEESE CUBES WATER	TOMATO SALSA*+ CORN CHIPS WATER	CARROTS* CHEESE STICK 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 serve 1/2 cup water with our pm snacks



Community Services Head Start 2022/ 2023 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
Milk - 3/4 c / 1/2 pt. Fruit/vegetable - 1/2 c Grain - 1/2 oz. eq. Meat/ma - may be served 3 times a week in place of grain	BREAKFAST	MILK BANANA WG CEREAL	MILK APRICOTS*+ CINNAMON TOAST	MILK ROSIE APPLESAUCE PANCAKE**	MILK DRY FRUIT* YOGURT DIP	MILK PEARS 1/2 TOAST 1/2 BOILED EGG
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 PIZZA GREEN BEANS+ MANGOS*+ PIZZA STICK ** CHEESE STICK	MILK GREEN SALAD w/ tomatoes*+ TATER TOTS CRABBY PATTY** BURGER	MILK CHEESY BROCCOLI* BERRIES*+ CHICKEN SLIDDER	MILK GREEN SALADw/ spinach & tomatoes*+ SWEET POTATO FRIES SLOPPY JOE	MILK ORANGE SMILES* BROWN RICE 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	1/2 SUNBUTTER SANDWICH WATER	MANDARIN ORANGES* BOILED EGG WATER	PEACHES BUG BITES GRAHAM** WATER	APPLE SMILES* SUNBUTTER WATER	1/2 GRILLED CHEESE 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 serve 1/2 cup water with our pm snacks



Community Services

Early Head Start 2022/ 2023 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 CINNAMON PEARS 1/2 SAUSAGE BISCUIT **	MILK ROSIE APPLESAUCE WW PANCAKE**	MILK PEACHES MINI BAGEL**	MILK BANANA WG CEREAL	MILK MIX FRUIT 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 MEXICAN CORN* BERRIES*+ BEEF TACO	MILK BROCCOLI * MANGOS*+ CHICKEN ALFREDO	MILK COLESLAW*+ PINTO BEANS CORNBREAD FISH**	MILK SLICED TOMATOES AND CUCUMBERS* MANDARIN ORANGES* BREADSTICK BBQ CHICKEN	MILK ROSIE PINEAPPLE MONSTER MARINARA*
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	WG CHEEZ-IT CRACKERS CHEESE WATER	ORANGE SMILES* BUG BITES GRAHAM** WATER	CARROT * SUNBUTTER WATER	WHEAT THIN CRACKERS 1/2 BOILED EGG WATER	DRY FRUIT* 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)

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 2022/ 2023 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 PINEAPPLE BERRIE MIX*+ WW PANCAKE**	MILK BERRY BANANA SPLIT*+	MILK MANDARIN ORANGES* 1/2 WW TOAST	MILK ROSIE APRICOTS*+ WG CEREAL	MILK DRY FRUIT* GOLDEN PORRIDGE
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH	MILK SPINACH SALAD w/ diced tomatoes*+ ROLL BEEF TATER TOT CASSEROLE	MILK SWEET POTATO FRIES CHEESY BROCCOLI* MINI CHICKEN SLIDDER	MILK RAINBOW BELL PEPPERS*+ PEACHES CHILI CORN CHIP CASSEROLE	MILK CARROTS* APPLE SMILES* CHICKEN & WAFFLE	MILK PIZZA GREEN BEANS* PEARS PIZZA STICK
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	FRESH VEGETABLES YOGURT DIP WATER	ROSIE PEARS TEDDY GRAHAM** WATER	SUPER DRINK*+ CORNBREAD MUFFIN WATER	CELERY STICK CHEESE WATER	APPLESAUCE 1/2 WW TOAST 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 2022/ 2023 Menu



Cycle Three

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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*+ 1/2 WW TAOST 1/2 BOILED EGG	MILK PINEAPPLE BERRIE MIX*+ WW PANCAKES**	MILK FRESH FRUIT WG CEREAL	MILK MIX FRUIT MINI BAGEL**	MILK TROPICAL FRUIT*+ SAUSAGE BISCUIT**
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH	MILK APPLE SMILES* FRITO CHIPS MEXICALI TACO BOAT*+	MILK SPINACH SALAD MIX w/ diced tomatoes*+ BROWN RICE PINEAPPLE CHICKEN*	MILK PINTO BEANS TOMATO & CUCUMBER*+ CORNBREAD FISH**	MILK MANGOS*+ BROWN RICE JAMMIN' JAMBALYA*	MILK PEAS & CARROTS*+ SWEET POTOTOE FRIES MINI SLOPPY JOE
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	BUG BITES GRAHAM** YOGURT GO-GURT** WATER	1/2 GRILLED CHEESE SANDWICH WATER	MANDARIN ORANGES* TEDDY GRAHAM** WATER	CARROTS* 1/2 BOILED EGG 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 serve 1/2 cup water with our pm snacks**



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Early Head Start 2022/ 2023 Menu

Cycle Four



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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 PEACHES WW TOAST w/jelly	MILK DRY FRUIT* GOLDEN PORRIDGE	MILK BANANA WG CEREAL	MILK TROCICAL FRUIT*+ 1/2 SAUSAGE BISCUIT**	MILK PINEAPPLE WG 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 GREEN SALAD MIX w/tomatoes*+ TATER TOTS CRABBY PATTY** BURGER	MILK RAINBOW BELL PEPPER SLICES*+ FRESH FRUIT* MINI TURKEY & CHEESE SLIDDER	MILK PEARS GREEN SALAD w/ spinach & diced tomatoes*+ BEEF & CHEESE NACHOS	MILK BROCCOLLI *+ MIXED FRUIT CHICKEN ALFREDO	MILK SWEET POTATO FRIES ORANGE SMILES* CHILI DOG
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	WHEAT THIN CRACKERS** CHEESE WATER	FRESH VEGGIE STICKS SUNBUTTER WATER	TOMATO SALSA*+ FRITOS WATER	APPLESAUCE BREADSTICK WATER	SUPER DRINK WG CHEEZ-IT 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, Pinapple, Orange, Nectarine, Mango, Kiwi, or Plum

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



Community Services Early Head Start 2022/ 2023 Menu

Cycle Five

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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 BERRIES*+ WW PANCAKE**	MILK MANDARIN ORANGES* WG CEREAL	MILK BERRY BANANA SPLIT*+	MILK PEACHES 1/2 CINNAMON TOAST	MILK CINNAMON PEARS 1/2 SAUSAGE BISCUIT **
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH	MILK ROSIE MIX FRUIT CHICKEN FAJITA*+	MILK SPINACH SALAD w/tomato*+ BREADSTICK BEEF TATER TOT CASSEROLE	MILK PEAS & CARROTS*+ PINEAPPLE CHICKEN & WAFFLE	MILK MEXICAN CORN TROPICAL FRUIT*+ BEEF TACO	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**
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	DRY FRUIT* WG CEREAL WATER	APPLE SMILES* YOGURT GO-GURT** WATER	WHEAT THINS** CHEESE WATER	TOMATO SALSA*+ CORN CHIPS WATER	CARROTS* TEDDY GRAHAM** 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 2022/ 2023 Menu

Cycle Six



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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	MILK APRICOTS*+ 1/2 CINNAMON TOAST	MILK ROSIE APPLESAUCE WW PANCAKE**	MILK DRY FRUIT* YOGURT DIP	MILK PEARS 1/2 CINNAMON TOAST 1/2 BOILED EGG
Milk - 1/2c Vegetable - 1/8 c Fruit - 1/8 c Grain - 1/2 oz eq. Meat/ma - 1 oz eq.	LUNCH	MILK PIZZA GREEN BEANS+ MANGOS*+ PIZZA STICK**	MILK GREEN SALAD w/tomatoes*+ TATER TOTS CRABBY PATTY** BURGER	MILK BERRIES*+ CHEESY BROCCOLI* MINI CHICKEN SLIDDER	MILK GREEN SALAD w/spinach & tomatoes*+ SWEET POTATO FRIES MINI SLOPPY JOE	MILK ORANGE SMILES* BROWN RICE 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	1/2 SUNBUTTER SANDWICH WATER	MANDARIN ORANGES* 1/2 BOILED EGG WATER	PEACHES BUG BITES GRAHAM** WATER	APPLE SMILES* SUNBUTTER WATER	1/2 GRILL CHEESE 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)

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** CN Product

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

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