

# Community Services Head Start 2023/2024 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
<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 CINNAMON PEARS SAUSAGE BISCUIT**	MILK BANANA GOLDEN PORRIDGE	MILK FRESH FRUIT* WG CEREAL	MILK BERRY PINEAPPLE MIX *+ WW TOAST	MILK PEACHES 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 TROPICAL FRUIT*+ WW ROLL CHIX MIX	MILK PEAS & CARROTS*+ SWEET POTATO FRIES SLOPPY JOE	MILK SPINACH SALAD MIX *+ w/diced tomatoes BROWN RICE PINEAPPLE CHICKEN*	MILK GREEN BEANS ORANGE SMILES* BURGER WONDERLAND*+	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**
<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	MANDARIN ORANGES* GRAHAM CRACKERS WATER	WHEAT THIN CRACKERS** CHEESE STICK WATER	FRESH VEGETABLES YOGURT DIP WATER	CHEESE TOAST WATER	RICE CAKE 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 milk allergies that have a Doctor statement)

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



# Community Services Head Start 2023/ 2024 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
<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 MIXED FRUIT WW BISCUIT w/jelly 1/2 BOILED EGG	MILK BERRY BANANA SPLIT*+	MILK APRICOTS*+ CINNAMON TOAST	MILK FRESH FRUIT WG CEREAL	MILK APPLESAUCE MINI CINNAMON ROLL**
<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 COLESLAW*+ SWEET POTATO FRIES CHOPPED BBQ CHICKEN SLIDDER	MILK APPLE SMILES* BEAN TOSTADA+	MILK GREEN BEANS CORNBREAD KICKIN' CHICKEN*+	MILK PEAS & CARROTS*+ ROSIE PEARS WW ROLL SALISBURY STEAK	MILK SPINACH MIX SALAD w/diced tomatoes*+ ORANGE SMILES* BEEF & CHEESE NACHOS
<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 GOLDFISH PRETZEL CRACKERS** YOGURT GO-GURT** WATER	PITA POCKET SUNBUTTER WATER	FRUIT-ASTIC SALSA*+ BUG BITE GRAHAM CRACKERS** WATER	TROPICAL SMOOTHIE* GRAHAM CRACKERS WATER	PEACHES 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.

\*\* CN Product

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

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

# Community Services Head Start 2023/2024 Menu

## 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
<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 BANANA WG CEREAL	MILK APRICOTS*+ WW PANCAKE**	MILK TROPICAL FRUIT*+ GOLDEN PORRIDGE	MILK CINNAMON PEARS SAUSAGE BISCUIT**	MILK MIXED BERRIES*+ RICE CAKE
<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 BROCCOLI*+ MIXED FRUIT CHEESE RAVIOLI**	MILK CARROTS* APPLES SMILES* CHICKEN & WAFFLE	MILK SPINACH SALAD MIX w/diced tomatoes*+ MANDARIN ORANGES* PEPPERONI PIZZA**	MILK MANGOS*+ MONSTER MARINARA*	MILK GREEN SALAD MIX w/shredded carrots* SWEET POTATO FRIES 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	BUG BITES GRAHAM CRACKERS** YOGURT GO-GURT** WATER	PEACHES RICE CAKE WATER	WW TOAST SUNBUTTER WATER	WG CHEEZ-IT CRACKERS** CHEESE WATER	HERRY'S BLUEBERRY LEMON PARFAIT*+ 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 milk allergies that have a Doctor statement)

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

# Community Services Head Start 2023/2024 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 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 MIXED FRUIT MINI BAGEL**	MILK MANDARIN ORANGE 1/2 CINNAMON TOAST BOILED EGG	MILK BERRY BANANA SPLIT*+	MILK FRESH FRUIT* WG CEREAL	MILK BERRY*+ WW PANCAKE**
<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 BROCCOLLI SALAD*+ ORANGE SMILES* CHICKEN SALAD IN A POCKET	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**	MILK FRESH FRUIT SALAD* CHICKEN RAMEN*	MILK MEXICAN CORN GREEN SALAD MIX w/diced tomatoes*+ BEAN & CHEESE BURRITO**	MILK GREEN BEANS BROWN RICE PINEAPPLE CHICKEN*
<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	WHEAT THIN CRACKERS** CHEESE WATER	1/2 SUNBUTTER SANDWICH WATER	FRUIT-ASTIC SALSA*+ TORTILLA CHIPS WATER	TROPICAL SMOOTHIE*+ GRAHAM CRACKER WATER	WG GOLDFISH PRETZEL CRACKERS** CHEESE 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 milk allergies that have a Doctor statement)

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

# Community Services Head Start 2023/2024 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 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 ROSIE PEARS SAUSAGE BISCUIT	MILK PEACHES CINNAMON TOAST	MILK BANANA WG CEREAL	MILK ROSIE APRICOTS*+ GOLDEN PORRIDGE	MILK APPLESAUCE MINI CINNAMON ROLL**
<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 BERRIES*+ ROLY POLY ROLL-UP +	MILK GREEN BEANS MANGO*+ BURGER WONDERLAND*+	MILK TROPICAL FRUIT*+ PITA BREAD CHIX MIX	MILK APPLE SMILES* SWEET POTATO FRIES SLOPPY JOE	MILK BROCCOLI SALAD*+ MIXED FRUIT CHEESE RAVIOLI**
<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 BUG BITES GRAHAM CRACKERS** WATER	PINEAPPLE* YOGURT GO-GURT WATER	HERRY'S BLUEBERRY LEMON PARFAIT*+ WATER	WG CHEEZ-IT CRACKER** CHEESE STICK 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 milk allergies that have a Doctor statement)

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

# Community Services Head Start 2023/2024 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
<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 BERRY MIX*+ WW PANCAKE**	MILK PEACHES WW TOAST w/jelly	MILK ROSIE APPLESAUCE SAUSAGE BISCUIT	MILK BANANA WG CEREAL	MILK MANDARIN ORANGES WW 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 GREEN BEANS ORANGE SMILES* CORNBREAD SALISBURY STEAK	MILK CUCUMBER, TOMATO & BELL PEPPER MIX*+ PEARS CHICKEN SLIDDER	MILK APRICOTS*+ BEAN TOSTADA+	MILK BROCCOLI*+ APPLE SMILES* CHICKEN & WAFFLE	MILK GREEN SALAD MIX* MANGO*+ PEPPERONI 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	WG GOLDFISH PRETZEL CRACKERS** CHEESE WATER	FRESH FRUIT SALAD* YOGURT DIP WATER	FRESH VEGETABLES* SUNBUTTER WATER	CHEESE TOAST WATER	MIXED FRUIT GRAHAM 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 milk allergies that have a Doctor statement)

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



# Community Services

## Early Head Start 2023/2024 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	
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - may be served 3 times a week in place of grain	<b>BREAKFAST</b>	MILK CINNAMON PEARS 1/2 SAUSAGE BISCUIT **	MILK BANANA GOLDEN PORRIDGE	MILK FRESH FRUIT* WG CEREAL	MILK BERRY PINEAPPLE MIX **+ WW TOAST	MILK PEACHES MINI BAGEL**
<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 TROPICAL FRUIT*+ WW ROLL CHIX MIX	MILK PEAS & CARROTS*+ SWEET POTATO FRIES MINI SLOPPY JOE	MILK SPINACH SALAD MIX w/diced tomatoes*+ BROWN RICE PINEAPPLE CHICKEN*	MILK GREEN BEANS ORANGE SMILES* BURGER WONDERLAND*+	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**
<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>	MANDARIN ORANGES* GRAHAM CRACKERS WATER	WHEAT THIN CRACKERS** CHEESE SLICE WATER	CUCUMBER SLICES YOGURT DIP WATER	CHEESE TOAST WATER	RICE CAKE SUNBUTTER 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 2023/2024 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 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> - may be served 3 times a week in place of grain	<b>BREAKFAST</b> MILK MIXED FRUIT WW BISCUIT w/jelly	MILK BERRY BANANA SPLIT*+	MILK APRICOTS*+ 1/2 CINNAMON TOAST	MILK FRESH FRUIT WG CEREAL	MILK APPLESAUCE MINI CINNAMON ROLL**
<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 COLESLAW*+ SWEET POTATO FRIES CHOPPED BBQ CHICKEN SLIDDER	MILK APPLE SMILES* BEAN TOSTADA+	MILK GREEN BEANS CORNBREAD KICKIN' CHICKEN*+	MILK PEAS & CARROTS*+ ROSIE PEARS WW ROLL SALISBURY STEAK	MILK SPINACH MIX SALAD w/diced tomatoes*+ ORANGE SMILES* BEEF & CHEESE NACHOS
<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 GOLDFISH PRETZEL CRACKERS** YOGURT GO-GURT** WATER	CRACKERS BEAN DIP WATER	FRUIT-ASTIC SALSA*+ BUG BITE GRAHAM CRACKERS** WATER	TROPICAL SMOOTHIE* GRAHAM CRACKERS WATER	PEACHES 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 2023/2024 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
<b>Milk</b> - 1/2 c <b>Fruit/vegetable</b> - 1/ 4c <b>Grain</b> - 1/2 oz. eq. <b>Meat/ma</b> - may be served 3 times a week in place of grain	<b>BREAKFAST</b>  MILK BANANA WG CEREAL	<b>BREAKFAST</b>  MILK APRICOTS*+ WW PANCAKE**	<b>BREAKFAST</b>  MILK TROPICAL FRUIT*+ GOLDEN PORRIDGE	<b>BREAKFAST</b>  MILK CINNAMON PEARS 1/2 SAUSAGE BISCUIT**	<b>BREAKFAST</b>  MILK MIXED BERRIES*+ RICE CAKE
<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 BROCCOLI*+ MIXED FRUIT CHEESE RAVIOLI**	<b>LUNCH</b>  MILK CARROTS* APPLE SMILES* CHICKEN & WAFFLE	<b>LUNCH</b>  MILK SPINACH SALAD MIX w/diced tomatoes*+ MANDARIN ORANGES* PEPPERONI PIZZA**	<b>LUNCH</b>  MILK MANGOS*+ MONSTER MARINARA*	<b>LUNCH</b>  MILK GREEN SALAD MIX w/shredded carrots* SWEET POTATO FRIES 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>  BUG BITES GRAHAM CRACKERS** YOGURT GO-GURT** WATER	<b>PM SNACK</b>  PEACHES RICE CAKE WATER	<b>PM SNACK</b>  GRAHAM CRACKERS SUNBUTTER WATER	<b>PM SNACK</b>  WG CHEEZ-IT CRACKERS** CHEESE SLICE WATER	<b>PM SNACK</b>  HERRY'S BLUEBERRY LEMON PARFAIT*+ 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 2023/2024 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 12 months - 36 months based on the Child and Adult Care Food Program

Component size	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Milk - 1/2 c Fruit/vegetable - 1/4 c Grain- 1/2 oz. eq. Meat/ma- may be served 3 times a week in place of grain	MILK MIXED FRUIT MINI BAGEL**	MILK MANDARIN ORANGE 1/2 CINNAMON TOAST 1/2 BOILED EGG	MILK BERRY BANANA SPLIT*+	MILK FRESH FRUIT* WG CEREAL	MILK BERRY*+ WW PANCAKE**
<b>LUNCH</b> Milk - 1/2c Vegetable- 1/8 c Fruit- 1/8 c Grain- 1/2 oz eq. Meat/ma - 1 oz eq.	MILK BROCCOLLI SALAD*+ ORANGE SMILES* MINI CHICKEN SALAD SANDWICH	MILK PINTO BEANS COLESLAW*+ CORNBREAD FISH**	MILK FRESH FRUIT SALAD* CHICKEN RAMEN*	MILK MEXICAN CORN GREEN SALAD MIX w/diced tomatoes*+ CHEESE QUESADILLA	MILK GREEN BEANS BROWN RICE PINEAPPLE CHICKEN*
<b>PM SNACK</b> 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	WHEAT THIN CRACKERS** YOGURT GO-GURT** WATER	1/2 SUNBUTTER SANDWICH WATER	FRUIT-ASTIC SALSA*+ TORTILLA CHIPS WATER	TROPICAL SMOOTHIE*+ GRAHAM CRACKER WATER	WG GOLDFISH PRETZEL CRACKERS** CHEESE 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 2023/2024 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 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> - may be served 3 times a week in place of grain	<b>BREAKFAST</b>  MILK ROSIE PEARS 1/2 SAUSAGE BISCUIT	<b>BREAKFAST</b>  MILK PEACHES 1/2 CINNAMON TOAST	<b>BREAKFAST</b>  MILK BANANA WG CEREAL	<b>BREAKFAST</b>  MILK ROSIE APRICOTS*+ GOLDEN PORRIDGE	<b>BREAKFAST</b>  MILK APPLESAUCE MINI CINNAMON ROLL**
<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 BERRIES*+ ROLY POLY ROLL-UP +	<b>LUNCH</b>  MILK GREEN BEANS MANGO*+ BURGER WONDERLAND*+	<b>LUNCH</b>  MILK TROPICAL FRUIT*+ 1/2 WW BREAD CHIX MIX	<b>LUNCH</b>  MILK APPLE SMILES* SWEET POTATO FRIES MINI SLOPPY JOE	<b>LUNCH</b>  MILK BROCCOLI SALAD*+ MIXED FRUIT CHEESE RAVIOLI**
<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 BUG BITES GRAHAM CRACKERS** WATER	<b>PM SNACK</b>  PINEAPPLE* YOGURT GO-GURT WATER	<b>PM SNACK</b>  HERRY'S BLUEBERRY LEMON PARFAIT*+ WATER	<b>PM SNACK</b>  WG CHEEZ-IT CRACKER** CHEESE STICK WATER	<b>PM SNACK</b>  GRAHAM CRACKERS SUNBUTTER 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 2023/2024 Menu

### Cycle 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>BREAKFAST</b> 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	MILK PINEAPPLE BERRY MIX*+ WW PANCAKE**	MILK PEACHES 1/2 WW TOAST w/jelly	MILK ROSIE APPLESAUCE 1/2 SAUSAGE BISCUIT	MILK BANANA WG CEREAL	MILK MANDARIN ORANGES WW BISCUIT w/jelly
<b>LUNCH</b> Milk - 1/2c Vegetable- 1/8 c Fruit- 1/8 c Grain- 1/2 oz eq. Meat/ma - 1 oz eq.	MILK GREEN BEANS ORANGE SMILES* CORNBREAD SALISBURY STEAK	MILK CUCUMBER, TOMATO & BELL PEPPER MIX*+ PEARS CHICKEN SLIDDER	MILK APRICOTS*+ BEAN TOSTADA+	MILK BROCCOLI*+ APPLE SMILES* CHICKEN & WAFFLE	MILK GREEN SALAD MIX* MANGO*+ PEPPERONI PIZZA**
<b>PM SNACK</b> 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	GRAHAM CRACKERS CHEESE SLICE WATER	FRESH FRUIT SALAD* YOGURT DIP WATER	DICED CUCUMBERS* YOGURT DIP WATER	CHEESE TOAST WATER	MIXED FRUIT GRAHAM 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