

Week 1 of 5					
Meal Pattern	Monday 12/2	Tuesday 12/3	Wednesday 12/4	Thursday 12/5	Friday 12/6
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	WW Biscuits	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	@Ground Beef & Cabbage Stew	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Tomato Wedges (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Diced Pears	Tropical Fruit Cocktail
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burrito wrap)	Cornbread Muffin	Sister's Schubert's WW Roll
Other/Notes	Turkey Gravy *Serve as Open Face Sandwich	Parmesan Cheese *Serve as @Spaghetti	Ketchup, Salsa		Ranch
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c			1% Milk		
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice		Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate	Grahams		General Mills Multi Grain Cheerios cereal	1/2 Pillsbury WW Bagel	Graham crackers
Meat/Alternate 1/2 oz		Monzerella String Cheese Stick		Cream Cheese	
Other/Notes	Water			Water	Water
Week 2 of 5					
Meal Pattern	Monday 12/9	Tuesday 12/10	Wednesday 12/11	Thursday 12/12	Friday 12/13
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Orange Wedges (C)	Strawberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes			American Cheese *Serve as Cheese Toast		
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
Bread/Alternate	Romaine Lettuce/Spinach mix	Cornbread Muffin		Tropical Fruit	
Other/Notes	Ultra WW Bun		Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo *Serve as Sandwich		Cooked Sweet Peppers & Onions		
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Bread/Alternate	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	MaxStix-(Cheese & Bread)	Animal Crackers	Graham crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved		Yogurt	
Other/Notes		water	water	water	
Week 3 of 5					
Meal Pattern	Monday 12/16	Tuesday 12/17	Wednesday 12/18	Thursday 12/19	Friday 12/20
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate	Toasted English Muffin	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Jelly			Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	Ground Beef Meatballs	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	@Cole Slaw	Green Beans	Baked Hashbrown	Green Peas	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Diced Pears	Tropical Fruit Cocktail
Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles	(Burrito wrap)	WW Egg Noodles	Sister's Schubert's WW Roll
Other/Notes		Parmesan Cheese *Serve as @Spaghetti	Ketchup, Salsa	Serve as @Swedish Meatballs	Ranch
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk			1% Milk	
Fruit/Vegetable/Juice 1/2 c		Tomato Juice	Pineapple Tidbits (A,C)		Applesauce
Bread/Alternate	Rice Krispies Cereal		1/2 Pillsbury WW Bagel	Rice Krispies Cereal	Graham crackers
Meat/Alternate 1/2 oz		Monzerella String Cheese Stick	Cream Cheese		
Other/Notes			Water		Water

We hope you have a safe, healthy, & happy Holiday Break. Head Start is Closed for Holiday Break 12/23/19-1/3/2020 School Resumes on Monday 1/6/2020