Week 1 of 5 Meal Pattern	Manday 12/2	Tuesday 42/2	Wednesday 42/4	Thursday 12/5	Evidou 42/6
Breakfast	Monday 12/2 Breakfast	Tuesday 12/3 Breakfast	Wednesday12/4 Breakfast	Thursday 12/5 Breakfast	Friday 12/6 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)
•			General Mills Multi-Grain Cheerios		` ,
Bread/Alternate	WW Biscuits	Oatmeal	Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy	Lumak	Lunch	Jelly (Culture Food)	Syrup
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	Lunch (Culture Food) 1% Milk	Lunch 1% Milk
WIIK 3/4 C	1 /6 WIIIK	1 /6 WIIIK	Los Cabos Sausage, Egg, &	1 /6 WIIIK	1 /6 WIIIK
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Cheese Burritto	@Ground Beef & Cabbage Stew	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Tomato Weges (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)	Green Peas	Diced Pears	Orange Wedges (C)	Diced Pears	Tropical Fruit Cocktail
(Vegies can replace fruits)	Green reas	Diceu reals	Orange Wedges (C)	Diced Fears	Tropical Fruit Cocktail
Bread/Alternate	Healthy Life WW Bread	WW Spaghetti Noodles	(Burritto wrap)	Cornbread Muffin	Sister's Schubert's WW Roll
Other/Notes	Turkey Gravy	Parmesean Cheese	Ketchup, Salsa		
	*Serve as Open Face Sandwich	*Serve as @Spaghetti			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	General Mills Multi Grain Cheerios	Pineapple Tidbits (A,C)	Applesauce
Bread/Alternate	Grahams		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	Monday 12/9	Tuesday 12/10	Wednesday 12/11	Thursday 12/12	Friday 12/13
Meal Pattern	-	-		-	-
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Diced Peaches (C)	1% Milk	1% Milk	1% Milk	1% Milk Cooked Apple Slices (C)
Fruit/vegetable/Juice 1/2 C	Diced Feaches (C)	Banana Slices	Orange Wedges (C)	Strawberries	Pillsbury Frozen Southern Style WW
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	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
	i journal and (v)	(/	30.000	G. sma	
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
				Romaine Lettuce/Spinach mix	
Fruit 1/4 c (20z)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits) Bread/Alternate	Romaine Lettuce/Spinach mix Ultra WW Bun	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Breed	(Direct organ)
bread/Aiternate	Oltra WWW Bull	Combread Mullin	Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions		
	*Serve as Sandwich			*Serve as Sandwich	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c	0 101 : 1110 01 1 11 11	7 / 100/0 /	Tomato Sauce(A,C)		Applesauce
Bread/Alternate Meat/Alternate 1/2 oz	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	MaxStix-(Cheese & Bread)	Animal Crackers	Graham crackers
Other/Notes		Boiled Egg- halved water	water	Yogurt water	
Week 3of 5		Tractor.	·········	The state of the s	
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	Cathlean	oc. ear	Jelly	Syrup
	,				-7
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
			Los Cabos Sausage, Egg, &		
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks	@Ground Beef Meat Sauce	Cheese Burritto	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)
	<u></u>				2.000(.,5)
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Diced Pears	Orange Wedges (C)	Diced Pears	Tropical Fruit Cocktail
(Vegies can replace fruits)					
Bread/Alternate	Cornbread Muffin	WW Spaghetti Noodles	(Burritto wrap)	WW Egg Noodles	Sister's Schubert's WW Roll
Other/Notes		Parmesean Cheese	Ketchup, Salsa	Serve as @Swedish Meatballs	
Snack (2 of 4 components)	Chack	*Serve as @Spaghetti	Pmaak	Speak	Ranch
Milk 1/2 c	Snack 1%Milk	Snack	Snack	Snack 1%Milk	Snack
Fruit/Vegetable/Juice 1/2 c	1 /owills	Tomato Juice	Pineapple Tidbits (A,C)	1 / Joint II	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