

Week 1 of 5					
	Monday 12/30	Tuesday 12/31	Wednesday 1/1	Thursday 1/2	Friday 1/3
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					
Week 2 of 5					
Meal Pattern	Monday 1/6	Tuesday 1/7	Wednesday 1/8	Thursday 1/9	Friday 1/10
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	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	Pinto Beans(l)	High Liner WG Breaded Fish Fillet (l)
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	Turnip Greens (A,C)	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Corn	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	Parmesan Cheese	Ketchup, Salsa		
Snack (2 of 4 components)	*Serve as Open Face Sandwich	*Serve as @Spaghetti			Ranch
Milk 1/2 c	Snack	Snack	Snack	Snack	Snack
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 3 of 5					
Meal Pattern	Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17
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		
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 (l)	Chef Boyardee Beef Ravioli CN Label	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Green Beans	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato Wedges (A,C)	Diced Pears	Green Peas (A & C)	Romaine Lettuce/Spinach mix	Diced Peaches (C)
Bread/Alternate	Romaine Lettuce/Spinach mix	Pasta in Ravioli	Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Other/Notes	Ultra WW Bun				
Other/Notes	Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions		
Snack (2 of 4 components)	*Serve as Sandwich			*Serve as Sandwich	
Milk 1/2 c	Snack	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	1% Milk				
Bread/Alternate	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	Tomato Sauce(A,C)	Animal Crackers	Applesauce
Meat/Alternate 1/2 oz		Boiled Egg- halved	MaxStix-(Cheese & Bread)	Yogurt	Graham crackers
Other/Notes		water	water	water	
Week 4 of 5					
Meal Pattern	Monday 1/20	Tuesday 1/21	Wednesday 1/22	Thursday 1/23	Friday 1/24
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)	Diced Strawberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
Bread/Alternate		Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes				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		@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burrito	Cooked Diced Chicken	High Liner WG Breaded Fish Fillet (l)
Vegetable 1/4 c (2oz)		Green Beans	Baked Hashbrown	Corn	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Veggies can replace fruits)		Diced Pears	Orange Wedges (C)	Diced Tomatoes (A, C); Cooked Bell Peppers & Onions	Tropical Fruit Cocktail
Bread/Alternate		WW Spaghetti Noodles	(Burrito wrap)	WW Rice	Sister's Schubert's WW Roll
Other/Notes		Parmesan Cheese	Ketchup, Salsa	Serve as Chicken Gumbo	
Snack (2 of 4 components)		*Serve as @Spaghetti			Ranch
Milk 1/2 c		Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c		Tomato Juice	Pineapple Tidbits (A,C)	1% Milk	Applesauce
Bread/Alternate			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
Week 5 of 5					
Meal Pattern	Monday 1/27	Tuesday 1/28	Wednesday 1/29	Thursday 1/30	Friday 1/31
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)	Applesauce (C) with Cinnamon	Banana	Strawberries	Cooked Apple Slices (C)
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes	Jelly				
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	Ground Beef Chili with Beans	Natural Choice Turkey & Cheese	Uncle Charlie's Porkloin Chop	Pinto Beans(l)	*American Cheese
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)	Lima Beans	Turnip Greens (A,C)	@Vegetable Soup
Fruit 1/4 c / 2 oz (2oz) (Veggies can replace fruits)	Diced Pears	Romaine Lettuce/Spinach mix	Cooked Carrots	Corn	Pineapple Tidbits (C)
Bread/Alternate	Zesta WW Crackers	Pineapple Tidbits (C)			
Other/Notes	Ultra WW Bun	Sister Schubert's WW Roll		Cornbread Muffin	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo			Zesta WW Crackers
Snack (2 of 4 components)	*Serve as @ Chili	*Serve as Hoagie			*Served as Hot Sandwich
Milk 1/2 c	Snack	Snack	Snack	Snack	Snack
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)			Tomato Juice	1% Milk
Bread/Alternate	Keelber Animal Crackers	Pineapple Tidbits (A,C)		MaxStix (Cheese & Bread)	Graham Crackers
Meat/Alternate 1/2 oz		1/2 Pillsbury WW Bagel	Zesta WW Crackers		
Other/Notes		Cream Cheese	American Cheese Slices		
Other/Notes	Water	Water	Water		

@= Recipe in recipe book WW=Whole Wheat or Whole Grain (l)=High Source of Iron, (A)=High Source of Vitamin A, (C)=High Source of Vitamin C, CN=Child Nutrition Label
Substitutions will be made in accordance with individually identified needs.