HEAD START MENUS

2014-2015 SCHOOL TERM

 Dates of Use:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week : I |  MONDAY |  TUESDAY |  WEDNESDAY |  THURSDAY |  FRIDAY |
| BREAKFAST | ½ c Orange Juice¼ c Hash Browns½ oz Turkey Sausage Patty¾ c 1% Lowfat Milk | ½ c Sliced Peaches1 ea Waffle w/1 T Syrup¾ c 1% Lowfat Milk | ½ c Grape Juice½ Biscuit¾ c 1% Lowfat Milk | ½ c Blueberries1/3 c Cheerios¾ c 1% Lowfat Milk | ½ c Orange Wedges¼ c Grits½ oz Scrambled Egg w/½ oz Lowfat Am.Cheese¾ c 1% Lowfat Milk  |
| LUNCH | 1 ½ oz Grilled Chicken Patty on  ½ Bun¼ c Corn (or on cob)½ c Ambrosia+ (pg 83) ¾ c 1% Lowfat Milk | 1 Toasted Cheese  Sandwich (F-13) ½ c Vegetable Soup + (pg 96)¼ c Sliced Bananas¾ c 1% Lowfat Milk | ½ c Beef & Spaghetti  Casserole (D-3)¼ c Green Beans1 ea Roll¼ c Pineapple Chunks¾ c 1% Lowfat Milk | ½ c Tuna Salad (F-11) 1sl Whole Wheat Bread½ c Lettuce & Tomato  Wedges¼ c Sliced Peaches¾ c 1% Lowfat Milk  | 1 sl Meatloaf (D-28)¼ c Mashed Potatoes (I-9) 1 T Gravy ½ c Broccoli Casserole+ (pg 87)1 Roll¾ c 1% Lowfat Milk |
| P.M. SNACK | 4 Saltine Crackers w/½ oz Lowfat American Cheese  | ½ c Mandarin Oranges ½ sl Cinnamon Toast   | ½ c Cantaloupe½ Bagel w/1 T Cream Cheese | ½ c Orange Juice4 Ritz Crackers w/1 T Peanut Butter | ½ c Apple Juice1/3 c Goldfish Crackers  |

Note: (letter - # ) Refer to Child Care Recipes - Food for Health & Fun from USDA’s Child Adult Child Care & Food Program

 + (pg #) Refer to FL CCFP Cookbook (yellow cover)

 All Fruit Juices = 100% full strength juice & pasteurized; \* = has CN label; c = cup; T = tablespoon; sl = slice; ea = each; oz = ounce

 Bread Servings: 4 Saltine Crackers or 4 Ritz Crackers = 10 gm or 0.4 oz; 5 ea Vanilla Wafers = 15 gm or 0.5 oz; 1 ea Waffle = 16 gm or 0.6 oz;

 ½ Bun or 1 ea Roll or ½ Biscuit or ½ Bagel or 2 Graham Crackers = 13 gm or 0.5 oz

 ½ c Orange Wedges = 1 Whole orange cut in ¼’s

  When juice or milk is not indicated with the a.m. or p.m. snack, serve ½ c water. (Remember water is NOT considered a meal component).

Menus Approved By:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Title: Head Start Consultant Dietitian

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| --- | --- | --- | --- | --- | --- |
| Week : II  |  MONDAY |  TUESDAY |  WEDNESDAY |  THURSDAY |  FRIDAY |
| BREAKFAST | ½ c Strawberries1 ea Pancake w/1 T Syrup¾ c 1 % Lowfat Milk | ½ c Orange Juice1/3 c Rice Krispies¾ c 1% Lowfat Milk | ½ c Orange Wedges½ sl Cinnamon Toast¾ c 1% Lowfat Milk | ½ c Orange Juice1 ea Blueberry Muffin¾ c 1% Lowfat Milk | ½ c Sliced Bananas¼ c Oatmeal½ oz Turkey Sausage Patty¾ c 1% Lowfat Milk |
| LUNCH | 1 portion Oven-Baked BBQ Chicken (D-29)¼ c Steamed Cabbage1 sl Cornbread¼ c sl Peaches¾ c 1% Lowfat Milk | 1 c Cheese & Vegetable Pasta +(pg 74)½ c Tossed Salad w/1 T Salad Dressing¼ c Tropical Fruit Cup¾ c 1% Lowfat Milk | ½ c Chicken Salad (E-7) on 1 sl Whole Wheat Bread½ c Lettuce & Tomato¼ c Diced Pears¾ c 1% Lowfat Milk | 1 ½ oz Cheeseburger on ½ Bun¼ c Peas & Carrots¼ c Applesauce¾ c 1% Lowfat Milk | 4 Baked Fish Nuggets \*¼ c Grits w/½ oz Lowfat Am. Cheese¼ c Cole Slaw¼ c Mandarin Oranges¾ c 1% Lowfat Milk |
| P.M. SNACK | ½ c Grape Juice2 ea Oatmeal Raisin  Cookies | ½ c Sliced Apples2 T Peanut Butter Dip+ (pg 158)  | ½ c Carrot & Celery  Sticks1 T Lowfat Dressing½ c 1% Lowfat Milk | 1/3 c Cheerios½ c 1% Lowfat Milk | ½ c Fruit Cocktail5 ea Animal Crackers (plain)  |

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 Bread Servings: 1 ea Pancake or 1 sl Cornbread = 16 gm or 0.6 oz; 1 ea Blueberry Muffin = 25 gm or 0.9 oz; 2 ea Oatmeal Raisin Cookies = 31 gm or 1.1 oz;

 ½ Bun or 1 ea Roll or ½ Biscuit or 2 Graham Crackers or 5 Animal Crackers = 13 gm or 0.5 oz

 ½ c Orange Wedges = 1 whole orange cut in ¼’s

 Tues: 1 c Cheese & Vegetable Pasta (= 1 ½ oz meat/alt; ¼ c vegetables; ¾ G/B)

 Fri: 4 Fish Nuggets = 4 oz = 2 oz M/MA + 1.75 servings bread alt. (CN)

  When juice or milk is not indicated with the a.m. or p.m. snack, serve ½ c water. (Remember water is NOT considered a meal component).

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| --- | --- | --- | --- | --- | --- |
| Week : III |  MONDAY |  TUESDAY |  WEDNESDAY |  THURSDAY |  FRIDAY |
| BREAKFAST | ½ c Pineapple Chunks½ oz Scrambled Egg¼ c Grits¾ c 1% Lowfat Milk | ½ c Orange Wedges1 ea Banana Muffin¾ c 1% Lowfat Milk | ½ c Sliced Strawberries¼ c Oatmeal¾ c 1% Lowfat Milk | ½ c Sliced Bananas1/3 c Cheerios¾ c 1% Lowfat Milk | ½ c Orange Juice½ Biscuit w/½ oz Turkey Sausage Patty¾ c 1% Lowfat Milk |
| LUNCH | 1 ½ oz sl Turkey w/1 T Gravy¼ c Mashed Potatoes (I-9)¼ c Collard Greens1 sl Cornbread¼ c Diced Pears¾ c 1% Lowfat Milk  |  2 ea Beef Soft Tacos  (D-24)(w/ lettuce & tomatoes) ¼ c Sliced Peaches¾ c 1% Lowfat Milk | 2/3 c Chicken Tetrazzini  + (pg 22)¼ c Steamed Carrots½ sl Whole Wheat Bread¼ c Pineapple Chunks¾ c 1% Lowfat Milk | 3/8 c Red Beans w/¼ c Rice¼ c Green Beans1 ea Roll¼ c Mandarin Oranges¾ c 1% Lowfat Milk | 3 - ½ oz Meatballs w/ 1 oz Tomato Sauce¼ c Macaroni & Cheese ¼ c Steamed Broccoli1 ea Roll¾ c 1% Lowfat Milk |
| P.M. SNACK | 4 Ritz Crackers w/¼ c Tuna Salad (F-11) | ½ c Sliced Apples1 T Peanut Butter | ½ c Cantaloupe¼ c Lowfat Cottage Cheese | 1 ea Blueberry Muffin½ c 1% Lowfat Milk | 2 squares Graham  Crackers½ c 1% Lowfat Milk |

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 Bread Servings: 4 Ritz Crackers = 10 gm or 0.4 oz; ; 1 sl Cornbread or 1 ea Pancake or 1 ea Waffle = 16 gm or 0.6 oz; Nutrigrain Bar = 63 gm or 2.2 oz

 1 ea Roll or ½ Bagel or 5 animal crackers = 13 gm or 0.5 oz ; 1 ea Banana or Blueberry Muffin = 25 gm or 0.9 oz

 ¼ c Orange Wedges = ½ whole orange cut in ¼’s

  When juice or milk is not indicated with the a.m. or p.m. snack, serve ½ c water. (Remember water is NOT considered a meal component).

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| --- | --- | --- | --- | --- | --- |
| Week : IV |  MONDAY |  TUESDAY |  WEDNESDAY |  THURSDAY |  FRIDAY |
| BREAKFAST | ½ c Sliced Peaches1 sl French Toast w/1 T Syrup½ oz Turkey Sausage Patty ¾ c 1% Lowfat Milk | ½ c Sliced Strawberries½ Biscuit ¾ c 1% Lowfat Milk | ½ c Orange Wedges1/3 c Corn Flakes¾ c 1% Lowfat Milk | ½ c Apple Juice¼ c Oatmeal w/Raisins & Cinnamon¾ c 1% Lowfat Milk | ½ c Orange Juice½ oz Scrambled Egg¼ c Grits¾ c 1% Lowfat Milk  |
| LUNCH | 1 Breaded Fish Fillet\*¼ c Oven Baked  Potato Wedges+(93)¼ c Green Peas¼ c Carrot & Raisin Salad + (98)¾ c 1% Lowfat Milk | 1 slice Cheese Pizza\*½ c Tossed Salad w/1 T Lowfat Dressing¼ c Applesauce¾ c 1% Lowfat Milk | 3/8 c Blackeyed Peas¼ c Macaroni & Cheese¼ c Turnip Greens1 sl Cornbread¼ c Sliced Apples¾ c 1% Lowfat Milk | Chicken + Yellow Rice= (1 piece chicken + ¾ c  rice mix) +(pg20) ¼ c Stir Fry Vegetables (I-10)¼ c Mandarin Oranges ¾ c 1% Lowfat Milk | 1 ½ oz Salisbury Steak w/1 T Gravy¼ c Carrots1 ea Roll¼ c Tropical Fruit Cup¾ c 1% Lowfat Milk |
| P.M. SNACK | ½ c Apple Juice1/3 c Goldfish Crackers  | ½ c Sliced Bananas1 T Peanut Butter | ½ c Carrot Sticks w/1 T Lowfat Dressing½ c 1% Lowfat Milk | 5 Animal Crackers  (plain)½ c 1% Lowfat Milk | Cheese Toast =½ sl Whole Wheat Toast w/½ oz Lowfat American  Cheese  |

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 Bread Servings: 5 Animal Crackers = 10 gm or 0.4 oz; 1 sl French Toast or 2 ea Peanut Butter Cookies = 31 gm or 1.1 oz;

 ½ Bun or 1 ea Roll or ½ Biscuit = 13 gm or 0.5 oz ; 1 sl Cornbread = 16 gm or 0.6 oz; 1 sl Italian Bread = 25 gm or 0.9 oz

 ½ c Orange Wedges = 1 whole orange cut in ¼’s

 When juice or milk is not indicated with the a.m. or p.m. snack, serve ½ c water. (Remember water is NOT considered a meal component).

 Tues: 1 slice Cheese Pizza = 2 oz M/MA + 2 ¼ servings bread/alt + 1/8 c veg (CN)

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| Week : V |  MONDAY |  TUESDAY |  WEDNESDAY |  THURSDAY |  FRIDAY |
| BREAKFAST | ½ c Cantaloupe½ oz Scrambled Egg w/½ oz Lowfat Am. Cheese¼ c Grits ¾ c 1% Lowfat Milk | ½ c Sliced Apples¼ c Oatmeal¾ c 1% Lowfat Milk | ½ c Orange Juice½ sl Whole Wheat Toast w/ ½ oz Lowfat Am.Cheese¾ c 1% Lowfat Milk | ½ c Sliced Strawberries1/3 c Cheerios¾ c 1% Lowfat Milk | ½ c Grape Juice1 ea Waffle w/1 T Syrup½ oz Turkey Sausage Patty¾ c 1% Lowfat Milk |
| LUNCH | 4 Baked Chicken  Nuggets\* w/2 T Honey Mustard  Sauce + (pg 13) ¼ c Mustard Greens1 sl Cornbread¼ c Sliced Pears¾ c 1% Lowfat Milk | ½ c Shepherd’s Pie +  (pg 43)¼ c Cucumber &  Tomato Salad1 ea Roll¼ c Pineapple Chunks¾ c 1% Lowfat Milk | ½ c Chicken Salad (E-7)on1 Hoagie Roll½ c Lettuce & Tomato Wedges¼ c Fruit Cocktail¾ c 1% Lowfat Milk | ½ c Vegetable Chili  (D-26)½ c Tossed Salad w/1 T Lowfat Dressing4 Saltine Crackers¼ c Applesauce¾ c 1% Lowfat Milk | 1 portion Oven-Baked Chicken (D-29)¼ c Baked Sweet Potato½ sl Whole Wheat Bread¼ c Orange Wedges¾ c 1% Lowfat Milk |
| P.M. SNACK | ½ c Orange Wedges¼ c Lowfat Yogurt | ½ c Carrot Sticks w/1 T Lowfat Dresssing½ c 1% Lowfat Milk | 4 Ritz Crackers w/1 T Peanut Butter | 2 ea Oatmeal Raisin  Cookies½ c 1% Lowfat Milk | ½ c Sliced Peaches¼ c Lowfat Cottage Cheese |

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 Bread Servings: 4 Saltine Crackers or 4 Ritz Crackers = 10 gm or 0.4 oz; 1 ea Waffle or 1 sl Cornbread= 16 gm or 0.6 oz; 1 ea Blueberry Muffin = 25 gm or 0.9 oz;

 ½ English Muffin or 1 ea Roll = 13 gm or 0.5 oz; 2 ea Oatmeal Raisin Cookies = 31 gm or 1.1 oz; 1 Hoagie Roll = 25 gm or 0.9 oz

 ½ c Orange Wedges = 1 whole orange cut in ¼’s

 When juice or milk is not indicated with the a.m. or p.m. snack, serve ½ c water. (Remember water is NOT considered a meal component).

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