HEAD START MENUS

2014-2015 SCHOOL TERM

Dates of Use:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week : I | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | ½ c Orange Juice  ¼ c Hash Browns  ½ oz Turkey Sausage Patty  ¾ c 1% Lowfat Milk | ½ c Sliced Peaches  1 ea Waffle w/  1 T Syrup  ¾ c 1% Lowfat Milk | ½ c Grape Juice  ½ Biscuit  ¾ c 1% Lowfat Milk | ½ c Blueberries  1/3 c Cheerios  ¾ c 1% Lowfat Milk | ½ c Orange Wedges  ¼ c Grits  ½ oz Scrambled Egg w/  ½ oz Lowfat Am.Cheese  ¾ c 1% Lowfat Milk |
| LUNCH | 1 ½ oz Grilled Chicken  Patty on  ½ Bun  ¼ 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 Bananas  ¾ c 1% Lowfat Milk | ½ c Beef & Spaghetti  Casserole (D-3)  ¼ c Green Beans  1 ea Roll  ¼ c Pineapple Chunks  ¾ c 1% Lowfat Milk | ½ c Tuna Salad (F-11)  1sl Whole Wheat Bread  ½ c Lettuce & Tomato  Wedges  ¼ c Sliced Peaches  ¾ 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 Roll  ¾ 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 Cantaloupe  ½ Bagel w/  1 T Cream Cheese | ½ c Orange Juice  4 Ritz Crackers w/  1 T Peanut Butter | ½ c Apple Juice  1/3 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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- |
| Week : II | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | ½ c Strawberries  1 ea Pancake w/  1 T Syrup  ¾ c 1 % Lowfat Milk | ½ c Orange Juice  1/3 c Rice Krispies  ¾ c 1% Lowfat Milk | ½ c Orange Wedges  ½ sl Cinnamon Toast  ¾ c 1% Lowfat Milk | ½ c Orange Juice  1 ea Blueberry Muffin  ¾ c 1% Lowfat Milk | ½ c Sliced Bananas  ¼ c Oatmeal  ½ oz Turkey Sausage Patty  ¾ c 1% Lowfat Milk |
| LUNCH | 1 portion Oven-Baked  BBQ Chicken (D-29)  ¼ c Steamed Cabbage  1 sl Cornbread  ¼ c sl Peaches  ¾ c 1% Lowfat Milk | 1 c Cheese & Vegetable Pasta +(pg 74)  ½ c Tossed Salad w/  1 T Salad Dressing  ¼ c Tropical Fruit Cup  ¾ c 1% Lowfat Milk | ½ c Chicken Salad (E-7) on  1 sl Whole Wheat Bread  ½ c Lettuce & Tomato  ¼ c Diced Pears  ¾ c 1% Lowfat Milk | 1 ½ oz Cheeseburger on ½ Bun  ¼ c Peas & Carrots  ¼ c Applesauce  ¾ c 1% Lowfat Milk | 4 Baked Fish Nuggets \*  ¼ c Grits w/  ½ oz Lowfat Am. Cheese  ¼ c Cole Slaw  ¼ c Mandarin Oranges  ¾ c 1% Lowfat Milk |
| P.M. SNACK | ½ c Grape Juice  2 ea Oatmeal Raisin  Cookies | ½ c Sliced Apples  2 T Peanut Butter Dip+  (pg 158) | ½ c Carrot & Celery  Sticks  1 T Lowfat Dressing  ½ c 1% Lowfat Milk | 1/3 c Cheerios  ½ c 1% Lowfat Milk | ½ c Fruit Cocktail  5 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 Chunks  ½ oz Scrambled Egg  ¼ c Grits  ¾ c 1% Lowfat Milk | ½ c Orange Wedges  1 ea Banana Muffin  ¾ c 1% Lowfat Milk | ½ c Sliced Strawberries  ¼ c Oatmeal  ¾ c 1% Lowfat Milk | ½ c Sliced Bananas  1/3 c Cheerios  ¾ c 1% Lowfat Milk | ½ c Orange Juice  ½ Biscuit w/  ½ oz Turkey Sausage Patty  ¾ c 1% Lowfat Milk |
| LUNCH | 1 ½ oz sl Turkey w/  1 T Gravy  ¼ c Mashed Potatoes (I-9)  ¼ c Collard Greens  1 sl Cornbread  ¼ c Diced Pears  ¾ c 1% Lowfat Milk | 2 ea Beef Soft Tacos  (D-24)  (w/ lettuce & tomatoes)  ¼ c Sliced Peaches  ¾ c 1% Lowfat Milk | 2/3 c Chicken Tetrazzini  + (pg 22)  ¼ c Steamed Carrots  ½ sl Whole Wheat Bread  ¼ c Pineapple Chunks  ¾ c 1% Lowfat Milk | 3/8 c Red Beans w/  ¼ c Rice  ¼ c Green Beans  1 ea Roll  ¼ c Mandarin Oranges  ¾ c 1% Lowfat Milk | 3 - ½ oz Meatballs w/  1 oz Tomato Sauce  ¼ c Macaroni & Cheese  ¼ c Steamed Broccoli  1 ea Roll  ¾ c 1% Lowfat Milk |
| P.M. SNACK | 4 Ritz Crackers w/  ¼ c Tuna Salad (F-11) | ½ c Sliced Apples  1 T Peanut Butter | ½ c Cantaloupe  ¼ c Lowfat Cottage  Cheese | 1 ea Blueberry Muffin  ½ c 1% Lowfat Milk | 2 squares Graham  Crackers  ½ 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 Peaches  1 sl French Toast w/  1 T Syrup  ½ oz Turkey Sausage Patty  ¾ c 1% Lowfat Milk | ½ c Sliced Strawberries  ½ Biscuit  ¾ c 1% Lowfat Milk | ½ c Orange Wedges  1/3 c Corn Flakes  ¾ c 1% Lowfat Milk | ½ c Apple Juice  ¼ c Oatmeal w/Raisins  & Cinnamon  ¾ c 1% Lowfat Milk | ½ c Orange Juice  ½ oz Scrambled Egg  ¼ c Grits  ¾ c 1% Lowfat Milk |
| LUNCH | 1 Breaded Fish Fillet\*  ¼ c Oven Baked  Potato Wedges+(93)  ¼ c Green Peas  ¼ c Carrot & Raisin  Salad + (98)  ¾ c 1% Lowfat Milk | 1 slice Cheese Pizza\*  ½ c Tossed Salad w/  1 T Lowfat Dressing  ¼ c Applesauce  ¾ c 1% Lowfat Milk | 3/8 c Blackeyed Peas  ¼ c Macaroni & Cheese  ¼ c Turnip Greens  1 sl Cornbread  ¼ c Sliced Apples  ¾ 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 Gravy  ¼ c Carrots  1 ea Roll  ¼ c Tropical Fruit Cup  ¾ c 1% Lowfat Milk |
| P.M. SNACK | ½ c Apple Juice  1/3 c Goldfish Crackers | ½ c Sliced Bananas  1 T Peanut Butter | ½ c Carrot Sticks w/  1 T Lowfat Dressing  ½ 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 Cantaloupe  ½ oz Scrambled Egg w/  ½ oz Lowfat Am. Cheese  ¼ c Grits  ¾ c 1% Lowfat Milk | ½ c Sliced Apples  ¼ c Oatmeal  ¾ c 1% Lowfat Milk | ½ c Orange Juice  ½ sl Whole Wheat Toast w/ ½ oz Lowfat Am.Cheese  ¾ c 1% Lowfat Milk | ½ c Sliced Strawberries  1/3 c Cheerios  ¾ c 1% Lowfat Milk | ½ c Grape Juice  1 ea Waffle w/  1 T Syrup  ½ oz Turkey Sausage Patty  ¾ c 1% Lowfat Milk |
| LUNCH | 4 Baked Chicken  Nuggets\* w/  2 T Honey Mustard  Sauce + (pg 13)  ¼ c Mustard Greens  1 sl Cornbread  ¼ c Sliced Pears  ¾ c 1% Lowfat Milk | ½ c Shepherd’s Pie +  (pg 43)  ¼ c Cucumber &  Tomato Salad  1 ea Roll  ¼ c Pineapple Chunks  ¾ c 1% Lowfat Milk | ½ c Chicken Salad (E-7)on  1 Hoagie Roll  ½ c Lettuce & Tomato  Wedges  ¼ c Fruit Cocktail  ¾ c 1% Lowfat Milk | ½ c Vegetable Chili  (D-26)  ½ c Tossed Salad w/  1 T Lowfat Dressing  4 Saltine Crackers  ¼ c Applesauce  ¾ c 1% Lowfat Milk | 1 portion Oven-Baked  Chicken (D-29)  ¼ c Baked Sweet Potato  ½ sl Whole Wheat Bread  ¼ c Orange Wedges  ¾ c 1% Lowfat Milk |
| P.M. SNACK | ½ c Orange Wedges  ¼ c Lowfat Yogurt | ½ c Carrot Sticks w/  1 T Lowfat Dresssing  ½ c 1% Lowfat Milk | 4 Ritz Crackers w/  1 T Peanut Butter | 2 ea Oatmeal Raisin  Cookies  ½ c 1% Lowfat Milk | ½ c Sliced Peaches  ¼ 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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