

Menus for Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Scrambled Eggs with Whole Wheat Tortilla (WG) Applesauce	Milk Whole Wheat Muffin (WG) Banana Slices	Milk Whole Grain Cream of Wheat (WG) Pineapple Tidbits	Milk French Toast w/strawberries	Milk Cheese Quesadilla* (WG) Apple Slices
Lunch	Milk Vegetable Chili Recipe D-26 Pear Halves Corn Muffin(RIMT)*	Milk Macaroni & Cheese w/Ham Cubes Tomato Slices Sliced Peaches	Milk Spaghetti w/Ground Beef Buttered Lima Beans Berries*	Milk Chicken Strips Mashed Potatoes Orange Slices Whole Wheat Roll (WG)	Milk Fish Sticks Baked Beans Cole Slaw
Snack	Animal Crackers Milk	Yogurt Fresh Fruit	Wheat Crackers Mozarella Cubes	Buttered Toast Apple Wedges	Grilled Turkey & Cheese Sandwiches Water
Notes on food item or recipe	*Corny Corn muffin -use cream corn instead of corn		*Serve 1 type of berries or a mixture of 2 types		*use whole wheat tortilla ** Make sure fish sticks have enough creditable grain, if not, serve a bread slice

Fall and Winter Menus 2018-2019

Head Start and Early Head Start

- 13-Aug
- 24-Sep
- 5-Nov
- 17-Dec

<i>Menus for Week 2</i>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Biscuits & Jam Crushed Pineapples	Milk Whole Grain Toasted Bagel* w/Cream Cheese Orange Slices	Milk Cereal* Apple Wedges	Milk Oatmeal (WG) Banana Slices	Milk Whole Wheat Toast (WG) Applesauce Sausage
Lunch	Milk Hamburgers* (WG) w/condiments** Pork n Beans Fruit Fluff	Milk Potato and Ham Soup* Broccoli Slaw (RIMT) Peach Slices Crackers	Milk Chili con Carne Spinach Mandarin Oranges Whole Grain Cracker	Milk Chicken and Noodles Recipe D-17 Peas and Carrots Garden Salad	Milk Hot Ham & Cheese Sandwiches Veggie Tray Tropical Fruit Salad Recipe E-31
Snack	crackers Cheese Cubes	Yogurt Strawberries	Deli Meat Sandwich Carrot Sticks	Milk Cereal	Whole Grain Crackers Mozzarella Cubes
Notes on food item or recipe	*Whole Grain Bun **include tomato, lettuce, and pickles	* Make sure you serve enough M/MA	*Approved Cereal List		

Fall and Winter Menus 2018-2019

Head Start and Early Head Start

20-Aug
1-Oct
12-Nov
24-Dec
4-Feb

Menus for Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Egg & Cheese Burrito Orange Slices	Milk Banana Parfait (RIMT)*	Milk Breakfast Muffin (WG) USDA Recipe Diced Pears	Milk Oatmeal Apple Slices	Milk Egg & Cheese Strata Recipe Peach Slices
Lunch	Milk Steak Fingers BBQ Baked Lentils (RIMT) Pears Whole Wheat Roll (WG)	Milk Baked Chicken Parmesan w/Tomato Sauce Green Beans Sliced Peaches Whole Grain Garlic Toast	Milk Bean and Cheese Burrito** Garden Salad Orange Slices	Milk Chopped BBQ Sandwiches Oven Roasted Potato Wedges* Fruit Salad	Milk Fish Fillet Broccoli Slaw* Mandarin Slices Wheat Roll*
Snack	Milk Raisin Bran	Grilled Cheese Triangles Water	Animal Crackers Crushed Pineapple	Boiled Eggs Whole Grain Crackers	Yogurt Fresh Fruit
Notes on food item or recipe			**CN Label or Standardized Recipe	*RIMT Recipe *Do not use fruit with grapes.	

Fall and Winter Menus 2018-2019

Head Start and Early Head Start

27-Aug

8-Oct

19-Nov

31-Dec

11-Feb

25-Mar

Menus for Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Biscuits & Gravy Orange Slices	Milk Toasted Bagel Cream Cheese Spread Apple Slices	Milk Whole Grain Cereal* Banana Slices	Milk Apple Spice Muffin (WG) Applesauce	Milk Cream of Wheat (WG) Pears
Lunch	Milk Chopped Steak w/Brown Gravy Mashed Potatoes Green Peas Whole Grain Bread Slice	Milk Turkey Meatballs* Crinkled Carrots Pineapple Tidbits Whole Grain Wheat Roll	Milk BBQ Chicken Black-eyed Peas Broccoli Spears Corny Corn Bread RIMT Recipe Tropical Fruit	Milk Spinach Lasagna Bread Sticks Fruit Fluff	Milk Lemon Herb Chicken (RIMT) Green Beans Garden Salad Bread Slice
Snack	crackers Applesauce	Banana Bread Squares* Milk	Rosy Pears** Wheat Crackers	Animal Crackers Fresh Fruit	Turkey Sandwich Water
Notes on food items or recipe		*RIMT Recipe **Recipe A-13	*Approved Cereal List **use gelatin powder (any red variety), and sprinkle on pears		

Fall and Winter Menus 2018-2019

Head Start and Early Head Start

3-Sep

15-Oct

26-Nov

7-Jan

18-Feb

Menus for Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Whole Grain Bagel Cream Cheese Apple Slices	Milk Whole Grain Fruit Muffin Sliced Bananas	Milk Wheat pancakes (WG) Applesauce	Milk Peach Slices Scramble Eggs Recipe D-15	Milk Pears Sausage Patties Whole Grain Toast
Lunch	Milk Beef-A-Roni Peas and Carrots Fruit Salad	Milk Teriyaki Chicken Brown Rice (WG) Stir-Fried Veggieies Recipe I-10 Apple Wedges	Milk Southwest Chicken & Rice Soup (recipe) Vegetable Sticks Mandarin Oranges	Milk Cobb Salad* Melon Slices Whole Wheat Crackers (WG)	Milk Pizza* Broccoli Florets Cinnamon Apples
Snack	Milk Animal Crackers	Turkey Sandiwch Orange Slices	Whole Wheat Crackers Cheese Cubes	Milk Banana Muffin Squares (A-13 recipe)	Grilled Cheese Triangles
Notes on menu items or recipes		*oven-baked	*use wheat flour		*standardized recipe or cn label

Fall and Winter Menus 2018-2019

Head Start and Early Head Start

10-Sep

22-Oct

3-Dec

14-Jan

25-Feb

Menus for Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cinnamon Oatmeal (WG) Apples	Milk Wheat Toast (WG) Fruit Fluff* Scrambled Eggs	Milk Blueberry Muffin (WG) Apple Wedges	Milk Whole Grain Cereal Pears	Milk Egg Burrito*on Wheat Tortilla (WG) Orange Slices
Lunch	Milk Tator Tot Casserole *Rosy Pears Whole Wheat Roll	Milk Baked Chicken Parmesean w/Tomato Sauce Green Beans Sliced Peaches Garlic Toast	Milk Beef Noodle Casserole (recipe) Zucchini Sticks (recipe) Berries Berries	Milk Tangy Meatloaf (RIMT) Mashed Potatoes Green Peas Bread Slice	Milk Steak Fingers Herbed Rice Mixed Vegetables Peach Slices
Snack	crackers Mozzarella Cubes	Buttered Toast Sliced Bananas	Bagel Orange Slices	Cheese Toast Milk	Cinnamon Pita Strips (RIMT) Applesauce
Notes on menus items and recipes	*sprinkle any "red" gelatin variety on canned pears	*drained canned fruit + whipped topping			*add desired herb to cooked Brown rice

(WG) = Whole Grain

Fall and Winter Menus 2018-2019

Head Start and Early Head Start

17-Aug

28-Sep

9-Nov

21-Dec

1-Feb

Menus for Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Scrambled Eggs Berry Fluff*	Milk Whole Wheat Muffin (WG) Applesauce	Milk Biscuits and Gravy Pineapple Tidbits	Milk French Toast Strawberries	Milk Pancakes Orange Slices
Lunch	Milk Chicken Strips (CN Label) Green Beans Garden Salad** Whole Grain Wheat Roll	Milk Chopped BBQ on Bun Broccoli Slaw (RIMT) Melon Cubes	Milk Mac 'N Cheese* w/Ham Green Peas Sliced Peaches	Milk Beef and Spanish Rice (recipe)* Refried Beans Rosy Pears**	Milk Chicken Salad Tomato Slices Fruit Mix Whole Wheat Crackers
Snack	Animal Crackers Milk	Yogurt Graham Crackers*	Wheat Crackers Mozzarella Cubes	Buttered Toast Apple Wedges	Yogurt Banana Slices
Notes on food item or recipe	*mix any berries + whipped topping **Romaine, tomatoes, and shredded cheese	*Regular Graham Crackers, not honey or cinnamon	*Use Whole Grain Pasta for Daily WG	*Use Brown Rice for Daily WG **sprinkle red gelatin (any variety) over canned pears	

Spring and Summer Menus 2018-2019

Head Start and Early Head Start

5-Mar

16-Apr

28-May

9-Jul

Menus for Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Biscuits & Jam Apple Wedges	Milk Whole Grain Cereal Pineapple Tidbits	Milk Breakfast Muffin (WG) Fruit Mix	Milk Oatmeal (WG) Banana Slices	Milk Scrambled Eggs Whole Grain Toast Applesauce
Lunch	Milk Hamburgers (WG)* w/condiments** Mandarin Oranges	Milk Chicken Ranch Pita Sandwich (recipe) Potato Wedges Peaches	Milk Arroz Con Pollo Green Beans Orange Slices	Milk Hot Ham and Cheese Sandwiches Broccoli Florets Fruit Fluff*	Milk Bean and Cheese Burrito (CN label) Chopped Salad* Cinnamon Apples
Snack	Wheat Crackers Mozzarella Cubes	Grilled Cheese Sandwiches	Pita Chips Bean Dip (Recipe)	Goldfish Crackers Orange Slices	Crackers Carrot Sticks
Notes on food item or recipe	*Whole Wheat Bun **include tomato, lettuce, and pickles		**use cream corn instead of whole kernel corn	*drained canned fruit + whipped topping	*Lettuce and Tomatoes

Spring and Summer Menus 2018-2019

Head Start and Early Head Start

12-Mar

23-Apr

4-Jun

16-Jul

Menus for Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Biscuits & Jam Apple Wedges	Milk Whole Grain Cereal Pineapple Tidbits	Milk Breakfast Muffin (WG) Fruit Mix	Milk Oatmeal (WG) Banana Slices	Milk Scrambled Eggs Whole Grain Toast Applesauce
Lunch	Milk Hamburgers (WG)* w/condiments** Mandarin Oranges	Milk Chicken Ranch Pita Sandwich (recipe) Potato Wedges Peaches	Milk Arroz Con Pollo Green Beans Orange Slices	Milk Hot Ham and Cheese Sandwiches Broccoli Florets Fruit Fluff*	Milk Bean and Cheese Burrito (CN label) Chopped Salad* Cinnamon Apples
Snack	Wheat Crackers Mozzarella Cubes	Grilled Cheese Sandwiches	Pita Chips Bean Dip (Recipe)	Goldfish Crackers Orange Slices	Crackers Carrot Sticks
Notes on food item or recipe	*Whole Wheat Bun **include tomato, lettuce, and pickles			*drained canned fruit + whipped topping	*Lettuce and Tomatoes

Spring and Summer Menus 2018-2019

Head Start and Early Head Start

12-Mar

23-Apr

4-Jun

16-Jul

Menus for Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Banana Parfait (RIMT)*	Milk Scrambled Eggs Melon Chunks*	Milk Pumpkin Muffin Squares (WG) USDA Recipe B120 Fruit Mix	Milk Oatmeal (WG) Apple Wedges	Milk Whole Grain Toast Peach Slices
Lunch	Milk Chicken Salad** Carrot Sticks w/dip Sliced Pears Whole Wheat Crackers (WG)	Milk Turkey Meatballs (recipe)** Mashed Potatoes Strawberry Salad (recipe) Whole Grain Bread Slice	Milk Sloppy Joes Tomato Wedges Orange Slices	Milk Chicken Breast BBQ Lentils (RIMT) Mandarin Oranges Crackers	Milk Beef and Mac (recipe) Spinach w/bacon dressing (recipe) Fruit Salad Wheat Roll
Snack	Boiled Eggs Buttered Toast Water	Grilled Cheese Triangles Water	Animal Crackers Crushed Pineapple	Refried Bean Quesadillas (add cheese if desired)	Vanilla Yogurt Fresh Fruit
Notes on food item or recipe	*use animal crackers **use any recipe	*serve any melon variety **Omit sunflower seeds			

Spring and Summer Menus 2018-2019
Head Start and Early Head Start

19-Mar
30-Apr
11-Jun
23-Jul

Menus for Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Biscuits & Gravy Sausage Patty Fruit Mix	Milk Toasted Bagel Cream Cheese Spread Peach Slices	Milk Blueberry Muffin (WG) Applesauce	Milk Whole Grain Cereal (unsweetened) Banana Slices	Milk Pancakes Strawberries
Lunch	Milk Spinach Lasagna (RIMT) Cooked Carrots Pineapple Tidbits Garlic Bread Stick (WG)*	Milk Cobb Salad* Diced Pears Whole Grain Crackers	Milk BBQ Chicken (legs and thighs) Black-eyed Peas Broccoli Spears Corn Bread Fruit Salad	Milk Beef A Roni Garden Salad* Berries	Milk Lemon Herb Chicken (RIMT) Green Beans Peach Slices Whole Wheat Roll (WG)
Snack	Cheese and Wheat Crackers	Animal Crackers Orange Slices	Rosy Pears** Wheat Crackers	Yogurt Fresh Fruit	Turkey Sandwich
Notes on food items or recipe	* Use a Whole Grain Bread	*Romaine, tomato, bacon, chicken, cheese **canned fruit and whipped topping	*use gelatin powder (any red variety), and sprinkle on pears	* Romaine, tomatoes, and small amount of shredded cheese	

Spring and Summer Menus 2018-2019

Head Start and Early Head Start

26-Mar

7-May

18-Jun

30-Jul

Menus for Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Whole Grain Cheese Toast Apple Wedges	Milk Wheat pancakes (WG) Sliced Bananas	Milk Fruit Muffin (WG)* Applesauce	Milk Scrambled Eggs Whole Wheat Toast (WG) Fresh Fruit	Milk Biscuits Sausage Patties Berry Fluff*
Lunch	Milk Pesto Chicken Pasta* Cucumber and Tomato Salad Pear Halves	Milk Cheddar Burgers (recipe) Baked Fries* Fruit Salad	Milk Southwest Chicken & Rice Soup (recipe) Vegetable Sticks** Mandarin Oranges	Milk Grilled Cheese Sandwiches Tomato Soup Peach Slices	Milk Steak Fingers Herbed Brown Rice** (WG) Mixed Vegetables Mixed Fruit
Snack	Animal Crackers Milk	Goldfish Crackers Mozzarella Cubes	Yogurt Strawberries	Milk Banana Bread Squares (A-13 recipe)	Cheese Wheat Crackers
Notes on menu items or recipes	*prepared pesto over warm pasta (suggest penne), and sliced chicken breast	*oven-baked	*use whole grain recipe **Fresh or CN Label	*Lettuce and Tomato	*mix any berries + whipped topping **add desired herb to cooked Brown rice

Spring and Summer Menus 2018-2019

Head Start and Early Head Start

2-Apr

14-May

25-Jun

6-Aug

Menus for Week 6	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cinnamon Oatmeal (WG) Apples	Milk Scrambled Eggs Wheat Toast Fruit Fluff*	Milk Blueberry Muffin (WG)* Apple Wedges	Milk Whole Grain Cereal Pears	Milk Egg Burrito*on Wheat Tortilla (WG) Orange Slices
Lunch	Milk Potato, Ham, and Cheese Casserole (recipe) Rosy Pears* Whole Wheat Roll	Milk Teriyaki Chicken Brown Rice (WG) Stir-fried Veggies Apple Wedges	Milk Beef Noodle Casserole (recipe) Zucchini Sticks (recipe) Berries	Milk Tangy Meatloaf (RIMT) Mashed Potatoes Melon Cubes Bread Slice	Milk Pizzas (CN label) Broccoli Florets (raw) Fruit Salad
Snack	Crackers Mozzarella Cubes	Buttered Toast Sliced Bananas	Bagel Orange Slices	Cheese Toast Milk	Cinnamon Pita Strips (RIMT) Applesauce
Notes on menu items and recipes	*sprinkle any "red" gelatin variety on canned pears	*drained canned fruit + whipped topping	*Whole Grain Recipe		*Whole Wheat Tortilla eggs, cheese, and/or meat

Spring and Summer Menus 2018-2019

Head Start and Early Head Start

9-Apr

21-May

2-Jul

13-Aug