



# HEAD START PROGRAM – 2025-2026 MENUS **No Pork No Peanut**

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.		Hard Boiled Egg	*Turkey Sausage 1 oz. Cheddar Cheese Slice✓		Colby Cheese Slice (1 oz.)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	1 Medium Banana	Diced Pears	100% Grape Juice	Baked Apples (No raisins)	Fruit Cocktail
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Oatmeal WG Bread 1 slice w/ <b>Low Fat Cream Cheese &amp; Jelly</b>	Multi Grain Cheerios (100% whole grain)	Bran Muffin (50 gms or 1.8 oz.)	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bread (1 slice) <b>w/ Butter</b>
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	**Lentil Soup (Thick) (2 oz. Lentils & Carrots)	Tacos (2 oz. ground beef) [shredded cheese, & mild salsa kept separately]	*Arroz Con Pollo	*Turkey Meatloaf	*Breaded Fish <b>Ketchup/Mayo</b>
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Fresh Roasted Sweet Potatoes	Creamed Corn (fresh/frozen, not canned)	Green Beans (fresh/frozen, not canned)	Fresh Mashed Potatoes (Not Instant)	Sautéed Spinach and Tomatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges	Shredded Lettuce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Green Peas & Carrots (fresh/frozen, not canned)	Steamed Cabbage w/Onions, Green & Red peppers
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (in entrée) (100% whole grain)	Soft Corn Tortilla [(25 gm or 0.9 oz.) 100% whole grain/enriched]	Brown Rice (in entrée) (100% whole grain)	100% Whole Grain Bread	Soft Roll [(25 gm or 0.9 oz.)100% whole wheat]
SNACK	Milk Ages 1-5: four oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz	Low Fat Vanilla Yogurt 4 oz. cup			Hummus (1 oz.)	
	Vegetables Ages 1-5: ½ c				Baby Carrots** (4) ½ cup	
	Fruit/Juice Ages 1-5: ½ c	Tropical Mixed Fruit	Pineapple Tidbits	Peaches		1 Medium Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c		Carrot Muffin (50 gm or 1.8 oz.)	Cheese Crackers (18 crackers or 20 gms or 0.7 oz.)		Cheerios Cereal (100% Whole Grain)
	Water Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

**IMPORTANT:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label or Textured Vegetable Protein (TVP), Product Formulation Statement (PFS), or standardized recipe MUST be kept on file. Caterer must supply this documentation to institution/facility. **\*\*Foods must be cut up for children 1-3 years of age.** When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.** ✓ Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.



# HEAD START PROGRAM – 2025-2026 MENUS **No Pork No Peanut**

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate – 1 oz.</b>			Breakfast Sausage		1 Hard Boiled Egg
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Pineapple Tidbits	Tropical Mixed Fruit	1 Small Banana	Peaches	100% Orange Juice
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	Multi Grain Cheerios (100% whole grain)	Cinnamon Bread (1 slice) <b>w/ Low fat Cream Cheese</b>	100% Whole Grain Waffle (31 gm or 1.1 oz.) Wheat Chex Cereal✓	Carrot Muffin (50 gm or 1.8 oz.)	Wheat Chex Cereal (100% whole grain)
LUNCH	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz	*Vegetarian Chili w/ ½ cup of kidney, garbanzo, black bean & ¼ cup carrots, celery, red & green pepper) (at least ¾ Cup ages 1-5)	*Chicken (Strips)	Cuban Sandwich w/ Turkey (Turkey, Swiss Cheese, Pickles)	*Spanish Chicken (cooked with tomatoes & Onion)	*Salisbury Steak (see recipe list) w/ <b>Gravy</b>
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Creamed Corn (fresh/ frozen, not canned)	Steamed Broccoli	*Lentil Soup (1/2 cup -¼ cup diced carrots and celery and ¼ oz. lentils)	Sweet Plantains	Green Peas and Carrots (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Diced Pears	Oven Baked Sweet Potato Fries	Sliced Tomato & Cucumber ½ cup	Steamed Cabbage w/Green Peppers (fresh/ frozen, not canned)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (100% whole grain)	100% Whole Grain Bread	100% Whole Grain Soft Roll (25 gm or 0.9 oz.) <b>Mayo &amp; Mustard</b>	Brown Rice (100% whole grain)	*Macaroni & Cheese (100% whole wheat pasta)
SNACK	<b>Milk</b> Ages 1-5: four oz;					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.	Sun Nut Butter 1 oz			Low Fat Vanilla Yogurt 4 oz	Sliced Deli Turkey
	<b>Vegetable</b> Ages 1-5: ½ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c		Mandarin Oranges	Applesauce	1 Small Banana	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving,	Ritz Crackers (4 crackers, 20 gm, or 0.7 oz.)	Corn Muffin (31 gm or 1.1 oz.)	Multigrain Cheerios		Whole Wheat Bread (100% whole grain) <b>Mayo &amp; Mustard</b>
	<b>Water</b> Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

**IMPORTANT:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label or Textured Vegetable Protein (TVP), Product Formulation Statement (PFS), or standardized recipe MUST be kept on file. Caterer must supply this documentation to institution/facility. **\*\*Foods must be cut up for children 1-3 years of age.** When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.** ✓- Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.



# HEAD START PROGRAM – 2025-2026 MENUS No Pork No Peanut

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate – 1 oz.</b>		*Turkey Sausage 1 oz. ✓ Swiss Cheese Slice			1 Hard Boiled Egg
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Baked Apples (No raisins)	1 Small Banana
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	Original Cheerios (100% whole grain)	Whole Wheat Bread (100% whole grain) (1 slice) <b>w/ Butter</b>	Wheat Chex Cereal (100% whole grain)	Blueberry Muffin (50 gm or 1.8 oz.)	Oatmeal WG Bread (1 slice) <b>w/ Low Fat Cream Cheese &amp; Jelly</b>
LUNCH	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz	*Seasoned Black Beans (at least ¾ C ages 1-5)	*Sloppy Joe	*Oven Roasted Turkey Breast Slice	*Lemon Pepper Baked Chicken	*Beef Lasagna
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Corn & Tomatoes	*Split Pea Soup	Fresh Mashed Sweet Potato (fresh/frozen, not canned)	Glazed Carrots (fresh/frozen, not canned)	Sweet Green Peas (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Pineapple Tidbits	Roasted Red Potatoes	Green Beans (fresh/frozen, not canned)	Steamed Fresh Spinach	Diced Pears
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Yellow Brown Rice (100% whole grain)	100% Whole Wheat Dinner Roll (25 gm or 0.9 oz.) (Ketchup)	100% Whole Grain Bread	Brown Rice (100% whole grain)	100% Whole Grain Pasta (in entrée)
SNACK	<b>Milk</b> Ages 1-5: four oz;					Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz			Low Fat Strawberry Yogurt 4 oz. cup	Mozzarella Cheese (in entrée)	
	<b>Vegetable</b> Ages 1-5: ½ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c	100% Orange Juice	Tropical Mixed Fruit		100% Grape Juice	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	100% Whole Grain Bread w/ <b>Jelly</b> Ages 1-5: 1 slice	Cinnamon Bread (1 slice; / <b>Low Fat Cream Cheese</b>	Whole Grain Crackers	* Corn Cheese Arepa (44 gm or 1.5 oz.)	Animal Crackers 5 crackers, 25 gm or 0.9 oz.)100% whole grain]
	<b>Water</b> Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

**IMPORTANT:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label or Textured Vegetable Protein (TVP), Product Formulation Statement (PFS), or standardized recipe MUST be kept on file. Caterer must supply this documentation to institution/facility. **\*\*Foods must be cut up for children 1-3 years of age.** When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.** ✓- Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.



# HEAD START PROGRAM – 2025-2026 MENUS No Pork No Peanut

Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.			Provolone Cheese Slice (1 oz.)		*Turkey Sausage 1 oz. ✓ Muenster Cheese
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Applesauce	Fruit Cocktail	Seasonal Fresh Fruit cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Pineapple Tidbits	1 Small Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Carrot Muffin (50 gm or 1.8 oz.)	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread (1 slice) w/ <b>Butter</b>	Bran Muffin (50 gm or 1.8 oz.)	WG Waffle (31 gm or 1.1 oz.) ✓ Total Whole Grain Cereal
LUNCH	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz.	*Red Beans & 100% whole grain Brown Rice	*Oven Roasted Turkey	*Jerk Chicken (mild)	*Beef Stir Fry (2 oz. For 1-2 yrs)	*Chicken Strips
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Sliced Carrots (fresh/frozen, not canned)	Roasted Sweet Potato Wedges	Roasted Squash (Acorn, Winter or Butternut)	Stir Fry Vegetables (bell pepper, snow peas, onion, broccoli, carrot in entrée)	½ cup Salad (Tomato, Cucumber) w/ <b>Low Fat Ranch dressing</b>
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Fresh Spinach	Mixed Vegetable	Green Beans (fresh/frozen, not canned)	Fresh Apple Slices	*Lentil Soup (1/2 cup -¼ cup diced carrots and celery and ¼ oz. lentils)
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (100% whole grain) (in entrée)	Dinner Roll (25 gm or 0.9 oz.) (100% Whole Grain) <b>Mustard, Mayo, Ketchup</b>	*Jamaican Pigeon Peas and Brown Rice (100% whole grain)	Egg Noodles (100% whole grain)	Whole Wheat Bread (100% whole grain)
SNACK	Milk Ages 1-5: four oz.;					
	Meat/Meat Alternate Ages 1-5: ½ oz.	Low Fat Vanilla Yogurt 4 oz.			Cheese Stick	
	Vegetable Ages 1-5: ½ C;					
	Fruit/Juice Ages 1-5: ½ c	Peaches	Diced Pears	100% Orange Juice		Diced Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ C		100% Whole Grain Bread Ages 1-5: 1 slice	Wheat Chex Cereal	Whole Wheat Tortilla	Zucchini Muffin ** (50 gm or 1.8 oz.)
	Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

**IMPORTANT:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label or Textured Vegetable Protein (TVP), Product Formulation Statement (PFS), or standardized recipe MUST be kept on file. Caterer must supply this documentation to institution/facility. \*\* **Foods must be cut up for children 1-3 years of age.** When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**  
 ✓ Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.

	Special Menu for Holidays & Celebrations	<b>Hispanic Heritage</b> <u>October 10, 2025</u>	<b>Thanksgiving</b> <u>November 14, 2025</u>	<b>December Holiday</b> <u>December 12, 2025</u>	<b>Black History</b> <u>February 20, 2026</u>	<b>Easter</b> <u>March 13, 2026</u>
						
LUNCH	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz.	*Ropa Vieja (shredded beef stew)	*Oven Roasted Sliced Turkey Breast	*Oven Roasted Sliced Turkey Breast	*Oven Fried Chicken	*Lemon Pepper Baked Chicken
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Sweet Plantains	Roasted Sweet Potatoes (fresh/frozen, not canned)	Green Beans (fresh/ frozen, not canned) cooked in chicken broth	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Roasted Carrots (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Roasted Zucchini	Steamed Fresh Spinach	Glazed Carrots (fresh/ frozen, not canned)	Mashed Potatoes	Sweet Green Peas (fresh/ frozen, not canned)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Yellow (Brown) Rice	*Whole Grain Cornbread Stuffing	*Whole Wheat Macaroni & Cheddar Cheese	*Whole Grain Corn bread  (31 gm or 1.1 oz.)	100% Whole Wheat Dinner Roll  (25 gm or 0.9 oz.)
	<b>Other</b>	Tres Leches	Pumpkin Pie	Apple Pie	Peach Cobbler	Banana Pudding
	<b>Water</b> Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

**IMPORTANT: Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label or Textured Vegetable Protein (TVP), Product Formulation Statement (PFS), or standardized recipe MUST be kept on file. Caterer must supply this documentation to institution/facility. \*\*Foods must be cut up for children 1-3 years of age.** When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

✓ Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.