

Attachment 2 Early Head Start - 2019-2020

This Early Head Start (EHS) menu was created by Head Start dietitians and is approved for use for fiscal year 2019-2020. Check with your EHS contact if you have any questions.

	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	Mandarin Oranges**	Diced Pears mashed	100% Grape Juice	Baked Apples mashed (No raisins)	Fruit Cocktail** Grapes cut in half
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	Cinnamon Raisin Bread** 1 slice w/ Low Fat Cream Cheese	Multi Grain Cheerios (100% whole grain)	Zucchini Muffin** (50 gms or 1.8 oz.)	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bread (1 slice)** w/ Butter
LUNCH	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	Baked Sliced Turkey** (2 oz.)	Tacos** (2 oz. ground beef) [shredded cheese, & mild salsa kept separately]	*Arroz Con Pollo**	Oven Fried Chicken**	*Breaded Fish** Ketchup/Mayo
	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)	Roasted Cauliflower ** (fresh/ frozen, not canned)	Sautéed Spinach and Tomatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Cabbage w/Onions, Green & Red peppers**	Red Beans mashed	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/ orange)	Green Peas & Carrots (fresh/frozen, not canned) mashed	Mandarin Oranges**
	Grains Ages 1-5: ½ slice/serving, ¼ c	100% Whole Grain Bread** w/ Butter	Soft Corn Tortilla** [(25 gm or 0.9 oz.) 100% whole grain/enriched]	Brown Rice (in entrée) (100% whole grain)	Corn Bread** [(31 gm or 1.1 oz.)100% whole grain/ enriched]	Soft Roll** [(25 gm or 0.9 oz.)100% whole wheat]
SNACK	Milk Ages 1-5: six oz					
	Meat/Meat Alternate Ages 1-5: ½ oz	Low Fat Vanilla Yogurt 4 oz. cup			Sliced Turkey (1 oz.) **	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Tropical Mixed Fruit**	Pineapple Tidbits**	Peaches**		1 Banana**
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes		Apple Bran Muffin** (50 gm or 1.8 oz.)	Cheese Crackers** (18 crackers or 20 gms or 0.7 oz.)	100% Whole Grain Bread (1 slice)** Mayo & Mustard	Cheerios Cereal** (100% Whole Grain)
	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, Product Formulation Statement (PFS), or standardized recipe. 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 CCFP 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.

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.					1 Hard Boiled Egg**
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits**	Tropical Mixed Fruit**	1 Banana **	Peaches**	100% Orange Juice
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	Multi Grain Cheerios (100% whole grain)	Cinnamon Raisin Bread** (1 slice) w/ Low fat Cream Cheese	100% Whole Grain Pancake ** (31 gm or 1.1 oz.) Wheat Chex Cereal✓	Carrot Muffin ** (50 gm or 1.8 oz.)	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 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 Nuggets ** Honey Mustard/Ketchup	Turkey Cuban ** (Turkey, Swiss Cheese, Pickles)	*Spanish Chicken** (cooked with tomatoes & Onion)	*Salisbury Steak ** (see recipe list) w/ Gravy
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Creamed Corn (fresh/ frozen, not canned)	Roasted Broccoli **(fresh/frozen, not canned)	*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) mashed
	Fruit or Vegetable Ages: 1-18: ¼ c	Diced Pears**	Oven Baked Sweet Potato Fries**	Sliced Tomato & Cucumber **½ cup	Green Lima Beans ** (fresh/ frozen, not canned)	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/ orange)
	Grains 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.) Mayo & Mustard	Brown Rice (100% whole grain)	*Macaroni & Cheese Mashed (100% whole wheat pasta)
SNACK	Milk Ages 1-5: six oz					
	Meat/Meat Alternate Ages 1-5: ½ oz	Cheddar Cheese Slice**			Low Fat Vanilla Yogurt 4 oz	Sliced Deli Turkey **
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c		Mandarin Oranges**	Applesauce	Fruit Cocktail** Grapes cut in half	
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	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) Mayo & Mustard
Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water	

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.		*Turkey Sausage** 1 oz. √ Swiss Cheese Slice			1 Hard Boiled Egg**
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches **	Mandarin Oranges **	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/ orange)	Baked Apples mashed (no raisins)	1 Banana **
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	Original Cheerios (100% whole grain)	Whole Wheat Bread** (100% whole grain) (1 slice) w/ Butter	Wheat Chex Cereal ** (100% whole grain)	Blueberry Muffin** (50 gm or 1.8 oz.)	Oatmeal Bread** (1 slice) (100% whole grain) w/ Butter & Jelly
LUNCH	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	*Chicken and Bean Enchilada Bake**	Sloppy Joe	*Turkey Meatloaf ** Ketchup	Seasoned Black Beans (at least ¾ C ages 1-5)	*Beef Lasagna**
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Zucchini, 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) mashed
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple Tidbits**	Roasted Red Potatoes**	Green Beans** (fresh/frozen, not canned)	Sautéed Spinach	Diced Pears**
	Grains Ages 1-5: ½ slice/serving, ¼ c	Soft Corn Tortilla** (25 gm or 0.9 oz.)whole grain or enriched]	100% Whole Wheat Dinner Roll** (25 gm or 0.9 oz.) (Mustard/Ketchup/Mayo)	100% Whole Grain Bread**	Yellow Brown Rice (100% whole grain)	100% Whole Grain Pasta (in entrée)
SNACK	Milk Ages 1-5: six oz					Milk
	Meat/Meat Alternate Ages 1-5: ½ oz			Low Fat Strawberry Yogurt 4 oz. cup	Mozzarella Cheese (in entrée)	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	100% Orange Juice	Tropical Mixed Fruit**		100% Grape Juice	
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	100% Whole Grain Bread w/ Jelly ** Ages 1-5: 1 slice	Cinnamon Raisin Bread ** (1 slice; plain, no icing) w/ Butter	Grape-Nuts Cereal ** (100% whole grain)	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Animal Crackers ** [(15 crackers, 25 gm or 0.9 oz.)100% whole grain]
	Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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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 ** Grapes cut in half	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Pineapple Tidbits **	1 Banana **
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	Banana Muffin** (50 gm or 1.8 oz.)	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread ** (1 slice) w/ Butter	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	Roast Chicken**	Sloppy Joe ** w/Cheddar Cheese Slice	*Jerk Chicken ** (mild)	*Picadillo Ground Chuck (Diced olives, 2 oz. For 1-2 yrs. and 3 oz. for 3-5 yrs.)	Tuna Salad Sandwich**
	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)	Sweet Plantains **	*Chick Pea Salad** w/ Olive Oil & Red Pepper
	Fruit or Vegetable Ages: 1-18: ¼ c	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Fresh Sliced Tomato ** without skin	Green Beans ** (fresh/frozen, not canned)	½ cup Salad** (Tomato, Cucumber) Without skin w/ Low fat Ranch Dressing	*Chicken Noodle Soup (¾ cup of chicken, carrots, celery)
	Grains Ages 1-5: ½ slice/serving, ¼ c	Moros mashed (Black Beans & 100% whole grain Brown Rice)	Dinner Roll** (25 gm or 0.9 oz.) (100% Whole Grain) Mustard, Mayo, Ketchup	*Jamaican Pigeon Peas and Brown Rice mashed (100% whole grain)	Brown Rice (100% whole grain)	Whole Wheat Bread** (100% whole grain)
SNACK	Milk Ages 1-5: six oz					Milk
	Meat/Meat Alternate Ages 1-5: ½ oz	Low Fat Vanilla Yogurt 4 oz.			Cheese Stick **	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Peaches**	Diced Pears**	100% Orange Juice		
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes		100% Whole Grain Bread ** Ages 1-5: 1 slice	Wheat Chex Cereal	100% Whole Grain Crackers ** (4 round, 20 gm or 0.7 oz.)	Multi Grain Cheerios Cereal
	Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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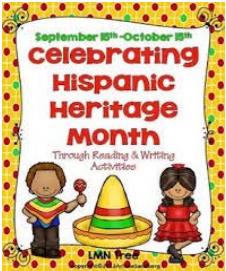




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Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.		*Turkey Sausage** 1 oz. √Swiss Cheese			1 Hard Boiled Egg **
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches **	Diced Pears**	Pineapple Tidbits**	1 Banana**	Applesauce
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	Total Whole Grain Cereal (100% whole grain)	WG Flatbread ** (25 gm or 0.9 oz.)	Original Cheerios (100% whole grain)	Oat Bran Muffin ** (50 gm or 1.8 oz.)	100% Whole Grain Bread ** (1 slice) w/ Butter
LUNCH	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	BBQ Chicken **	*Boulet Haitian Meatballs (2 oz.) ** in Gravy	*Spaghetti & Meat Sauce with Ground Turkey or Beef	Brown Stew Chicken **	*Baked Fish Square**
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Baked Beans	Sweet Plantain**	Steamed Carrots** (fresh/frozen, not canned)	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Green Beans** (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail ** Grapes cut in half	*Haitian Pumpkin Soup w/ beef, cabbage, carrots, pumpkin ** Soupe Joumou (1/2 cup)	½ cup Salad** (Tomato, Cucumber) Without skin w/ Low fat Ranch Dressing	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/ orange)	Potatoes O'Brien ** (Diced Potatoes, onions, red pepper & tomatoes)
	Grains Ages 1-5: ½ slice/serving, ¼ c	*Macaroni and Cheese Mashed (made / whole grain pasta)	Brown Rice (100% whole grain)	Spaghetti (made / whole wheat pasta)	*Jamaican Pigeon Peas & Brown Rice mashed (100% whole grain)	Soft Roll ** [(25 gm or 0.9 oz.)100% whole wheat]
SNACK	Milk Ages 1-5: six oz					
	Meat/Meat Alternate Ages 1-5: ½ oz			Low Fat Blueberry Yogurt 4 oz	Mozzarella Cheese (in entrée)	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Mandarin Oranges**	Apple Sauce		100% Orange Juice	Tropical Mixed Fruit **
	Grains Ages 1-5: ½ slice/serving see Meal Pattern for cereal svg sizes	Animal Crackers** [(15 crackers, 25 gm or 0.9 oz.)100% whole grain]	Unsweetened Cornbread** (31 gm or 1.1 oz.)	Graham Crackers** (4 squares, 25 gm or 0.9 oz.)	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Zucchini Muffin** (50 gm or 1.8 oz.)
Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water	

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Special Menu for Holidays & Celebrations	Hispanic Heritage <u>October 10, 2019</u> 	Thanksgiving <u>November 20, 2019</u> 	December Holiday <u>December 20, 2019</u> 	Black History <u>February 13, 2020</u> 	Easter <u>March 20, 2020</u> 
Milk Ages 1-5: six oz.	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate Ages 1-5: 1 ½ oz.	*Cuban Beef Stew** w/ Potatoes cooked in tomato sauce	Oven Roasted Sliced Turkey Breast **	Oven Roasted Sliced Turkey Breast **	Oven Fried Chicken **	Lemon Pepper Baked Chicken **
Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Sweet Plantains **	Roasted Sweet Potatoes mashed (fresh/frozen, not canned)	Green Beans mashed (fresh/ frozen, not canned) cooked in chicken broth	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Roasted Carrots** (fresh/frozen, not canned)
Fruit or Vegetable Ages: 1-18: ¼ c	Sweet Green Peas mashed (fresh/ frozen, not canned)	Steamed Fresh Spinach	Glazed Carrots ** (fresh/ frozen, not canned)	Roasted Red Potatoes**	Sweet Green Peas mashed (fresh/ frozen, not canned)
Grains Ages 1-5: ½ slice/serving, ⅓ c	Yellow (Brown) Rice	Cornbread Stuffing	*Whole Wheat Macaroni & Cheddar Cheese**	Corn bread ** (31 gm or 1.1 oz.)	100% Whole Wheat Dinner Roll ** (25 gm or 0.9 oz.)
Other	Rice Pudding	Apple Pie**	Strawberry Shortcake**	Sweet Potato Pie**	Coconut Cake**
Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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