

Attachment 2 Head Start – 2021-2022

This Head Start (HS) menu was created by Head Start dietitians and is approved for use for fiscal year 2021-2022. Check with your HS 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.		1 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	Fresh Pears	Fresh Orange Wedges	Baked Apples (No raisins)	Fruit Cocktail
	Grains Ages 1-5: ½ slice/serving, ⅓ c 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 gm 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	Mexican Corn w/ Red Peppers (fresh/frozen, not canned)	Green Beans (fresh/frozen, not canned)	Roasted Yellow Squash (fresh/ frozen, not canned)	Sautéed Spinach and Tomatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Cole Slaw	Red Beans	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon– no bananas/apples/oranges)	Green Peas & Carrots (fresh/frozen, not canned)	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 packed separately]	Brown Rice (in entrée) (100% whole grain)	Cornbread [(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, ⅓ c see Meal Pattern for cereal svg sizes		Apple Bran Muffin (50 gm or 1.8 oz.)	Cheese Crackers (18 crackers, 20 gm 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	Fresh Orange Wedges
	Grains Ages 1-5: ½ slice/serving, ⅓ c 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 ¼ Cup ages 1-5)	*Chicken Nuggets Ketchup/Honey Mustard	Turkey Cuban Sandwich (Turkey, Swiss Cheese, Pickles)	*Spanish Chicken (cooked with tomatoes & Onion)	*Seasoned Salisbury Steak w/ Mushroom Gravy
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	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	Sweet Green Peas & Carrots (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Fresh 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/oranges)
	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 (100% whole wheat pasta)
SNACK	Milk Ages 1-5: six oz					
	Meat/Meat Alternate Ages 1-5: ½ oz	Cheddar Cheese Slice		Sun Butter 1 Tbsp	Low Fat Vanilla Yogurt 4 oz cup	Sliced Deli Turkey (1 oz.)
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c		Mandarin Oranges	Fresh Apple Slices	Fruit Cocktail	
	Grains Ages 1-5: ½ slice/serving, ⅓ c 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.)			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/ oranges)	Baked Apples (No raisins)	1 Banana
	Grains Ages 1-5: ½ slice/serving, ⅓ c 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 (100% whole grain) (1 slice) w/ Butter & Jelly
LUNCH	Milk Ages 1-5: six oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	* Lemon Pepper Baked Chicken	Sloppy Joe w/ ground Turkey	*Meatloaf w/Beef	Seasoned Black Beans (at least ¼ C ages 1-5)	*Beef Lasagna
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Corn, Tomatoes	Split Pea Soup	Fresh Mashed Sweet Potato (not instant)	Glazed Carrots (fresh/frozen, not canned)	Sweet Green Peas (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple Tidbits	Roasted Red Potatoes	Green Beans (fresh/frozen, not canned)	½ cup Fresh Tomato & Cucumber Salad w/ Light Ranch Dressing	Salad (Spinach, Shredded Carrots) w/ Light Vinaigrette Dressing
	Grains Ages 1-5: ½ slice/serving, ¼ c	Soft Corn Tortilla sent separately [(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					
	Meat/Meat Alternate Ages 1-5: ½ oz	Sun Butter 1 Tbsp. w/ Jelly		Low Fat Strawberry Yogurt 4 oz. cup	Mozzarella Cheese (in entrée)	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c		Tropical Mixed Fruit		Fresh Orange Slices	100% Grape Juice
	Grains Ages 1-5: ½ slice/serving, ⅓ c see Meal Pattern for cereal svg sizes	100% Whole Grain Bread 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 1oz. √ 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 Banana
	Grains Ages 1-5: ½ slice/serving, ⅓ c 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	Cheeseburger 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 Potato Wedges	Roasted Squash (Acorn, Winter or Butternut)	Plantains	½ cup Salad (Spinach, Romaine, Tomato, Cucumber) w/ Low fat Ranch Dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Romaine Lettuce & Tomato (½ cup)	Green Beans (fresh/frozen, not canned)	Steamed Broccoli	*Chicken Noodle Soup (¾ cup of chicken, carrots, celery)
	Grains Ages 1-5: ½ slice/serving, ¼ c	Moros (Black Beans & 100% whole grain Brown Rice)	Bun [(25 gm or 0.9 oz.)100% whole wheat] Mustard, Mayo, Ketchup	Jamaican Pigeon Peas and Brown Rice (100% whole grain)	Brown Rice (100% whole grain)	Whole Wheat Bread (100% whole grain)
SNACK	Milk Ages 1-5: six oz					
	Meat/Meat Alternate Ages 1-5: ½ oz	Low Fat Vanilla Yogurt 4 oz. cup	Sun Butter 1 Tbsp. & Jelly		Cheese Stick	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Peaches		Fresh Orange Wedges		Fresh Pears
	Grains Ages 1-5: ½ slice/serving, ⅓ c see Meal Pattern for cereal svg sizes		100% Whole Grain Bread 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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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, ⅓ c 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	Sliced Roasted Turkey
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Baked Beans	Sweet Plantains	Steamed Carrots (fresh/frozen, not canned)	Steamed Spinach (fresh/frozen, not canned) cooked in Chicken Broth	Green Beans (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail	* Pumpkin Soup w/ cabbage, carrots, pumpkin Soupe Jouvou (1/2 cup)	½ cup Salad (Spinach, Romaine, Tomato, Cucumber) w/ Low Fat Ranch Dressing	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Potatoes O'Brien (Diced Potatoes, onions, red pepper & tomatoes)
	Grains Ages 1-5: ½ slice/serving, ¼ c	*Macaroni and Cheese (made / whole grain pasta)	Brown Rice (100% whole grain)	Spaghetti (made / whole wheat pasta)	Jamaican Pigeon Peas & Brown Rice (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 cup	Mozzarella Cheese (in entrée)	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Mandarin Oranges	Fresh Apple Slices		100% Orange Juice	Tropical Fruit Cup
	Grains Ages 1-5: ½ slice/serving, ⅓ c 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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	FRIDAY	FRIDAY	FRIDAY	FRIDAY	FRIDAY
Special Menu for Holidays & Celebrations	Hispanic Heritage October 22, 2021 	Thanksgiving November 19, 2021 	December Holiday December 17, 2021 	Black History February 18, 2022 	Easter March 18, 2022 
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)	Yucca w/Mojo	Roasted Sweet Potatoes (fresh/frozen, not canned)	Green Beans cooked in chicken broth (fresh/ frozen, not canned)	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 (fresh/ frozen, not canned)	Steamed Fresh Spinach	Glazed Carrots (fresh/ frozen, not canned)	Roasted Red Potatoes	Sweet Green Peas (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: ¼ cup	Water	Water	Water	Water	Water

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