



HEAD START PROGRAM – 2023-2024 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	Mandarin Oranges	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/ Low Fat Cream Cheese & Jelly	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) w/ Butter
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	*Black Beans (2 oz.)	Tacos (2 oz. ground beef) [shredded cheese, & mild salsa kept separately]	*Arroz Con Pollo	*Turkey Meatloaf	*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)	Fresh Mashed Potatoes (Not Instant)	Sautéed Spinach and Tomatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Cabbage w/Onions, Green & Red peppers	Shredded Lettuce	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Green Peas & Carrots (fresh/frozen, not canned)	Mandarin Oranges
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (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			Cheese Slice (1 oz.)	
	Vegetables Ages 1-5: ½ c					
	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.)	Ritz Crackers (4 crackers, 20 gm, 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, 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.



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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.			Breakfast Sausage		1 Hard Boiled Egg
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits	Tropical Mixed Fruit	1 Small Banana	Peaches	100% Orange Juice
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Multi Grain Cheerios (100% whole grain)	Cinnamon Bread (1 slice) w/ Low fat Cream Cheese	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	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 (Strips)	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)	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)
	Fruit or Vegetable 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)
	Grains/Breads 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: four oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz.	Cheddar Cheese Slice			Low Fat Vanilla Yogurt 4 oz	Sliced Deli Turkey
	Vegetable Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c		Mandarin Oranges	Applesauce	1 Small Banana	
	Grains/Breads 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) Mayo & Mustard
	Water Ages 1-2: ½ C; Ages 3-5: ¾ C	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 Small Banana
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	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 WG Bread (1 slice) w/ Low Fat Cream Cheese & Jelly
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 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
	Vegetable 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)
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple Tidbits	Roasted Red Potatoes	Green Beans (fresh/frozen, not canned)	Steamed Fresh Spinach	Diced Pears
	Grains/Breads 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	Milk Ages 1-5: four oz;					Milk
	Meat/Meat Alternate Ages 1-5: ½ oz			Low Fat Strawberry Yogurt 4 oz. cup	Mozzarella Cheese (in entrée)	
	Vegetable Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	100% Orange Juice	Tropical Mixed Fruit		100% Grape Juice	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	100% Whole Grain Bread w/ Jelly Ages 1-5: 1 slice	Cinnamon Bread (1 slice; / Low Fat Cream Cheese	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)
	Water Ages 1-2: ½ C; Ages 3-5: ¾ C	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	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/ 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.	*Red Beans & 100% whole grain Brown Rice	*Oven Roasted Turkey	*Jerk Chicken (mild)	*Beef Stir Fry (2 oz. For 1-2 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)	Stir Fry Vegetables (<i>bell pepper, snow peas, onion, broccoli, carrot</i> in entrée)	½ cup Salad (Tomato, Cucumber) w/ Low Fat Ranch dressing
	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 -1/4 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) Mustard, Mayo, Ketchup	*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.;					Milk
	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		
	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	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/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Total Whole Grain Cereal (100% whole grain)	WG Flatbread (25 gm or 0.9 oz.)	Original Cheerios (100% whole grain)	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	*Baked BBQ Beans	*Haitian Beef Stew (Bouyon Bef) (w/2 oz. beef cubes, carrots, & Malanga)	*Tuna Salad	*Brown Stew Chicken	*Spaghetti & Meat Balls (2 oz.) with Ground Turkey
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Steamed Broccoli	Steamed Spinach	* Apple Carrot Slaw (No raisins)	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	*Sweet Plantain	Potatoes O'Brien (Diced Potatoes, onions, red pepper & tomatoes)	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	½ cup Salad (Tomato, Cucumber) w/ Low fat Ranch Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	*Macaroni and Cheese (made / whole grain pasta)	Brown Rice (100% whole grain)	Soft Roll [(25 gm or 0.9 oz.)100% whole wheat	*Jamaican Pigeon Peas & Brown Rice (100% whole grain)	Spaghetti [100% whole wheat]
SNACK	Milk Ages 1-5: four oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz			Low Fat Blueberry Yogurt 4 oz	Mozzarella Cheese (in entrée)	
	Vegetable Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Mandarin Oranges	Apple Sauce		100% Orange Juice	Tropical Mixed Fruit
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	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.)	Carrot 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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		TUESDAY	MONDAY	WEDNESDAY	TUESDAY	THURSDAY
Special Menu for Holidays & Celebrations		Hispanic Heritage <i>October 10, 2023</i> 	Thanksgiving <i>November 13, 2023</i> 	December Holiday <i>December 20, 2023</i> 	Black History <i>February 20, 2024</i> 	Easter <i>March 21, 2024</i> 
LUNCH	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 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
	Vegetable 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)
	Fruit or Vegetable 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)
	Grains/Breads 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.)
	Other	Tres Leches	Pumpkin Pie	Apple Pie	Peach Cobbler	Banana Pudding
	Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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