



EARLY HEAD START PROGRAM – 2022-2023 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 <i>mashed</i>	100% Grape Juice	Baked Apples <i>mashed</i> (No raisins)	Fruit Cocktail ** <i>Grapes cut in half</i>
	Grains/Breads Ages 1-5: ½ ounce equivalent	Oatmeal WG Bread ** 1 slice w/ Low Fat Cream Cheese & Jelly	Multi Grain Cheerios (100% whole grain)	Bran Muffin ** (55 gms or 2 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)	Roasted Yellow Squash ** (fresh/ frozen, not canned)	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) <i>mashed</i>	Mandarin Oranges **
	Grains/Breads Ages 1-5: ½ ounce equivalent	Brown Rice (100% whole grain)	Soft Corn Tortilla ** [(28 gm or 1 oz.) 100% whole grain/enriched]	Brown Rice (in entrée) (100% whole grain)	100% WG Bread**	Soft Roll ** [(28 gm or 1 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 ounce equivalent		Bran Muffin ** (55 gm or 2 oz.)	Cheese Crackers ** (18 crackers or 22 gms or 0.8 oz.)	Ritz Crackers ** (4 crackers, 22 gm, or 0.8 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.					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 ounce equivalent	Multi Grain Cheerios (100% whole grain)	Cinnamon Bread ** (1 slice) w/ Low fat Cream Cheese	100% Whole Grain Waffle ** (34 gm or 1.2 oz.) Wheat Chex Cereal ✓	Carrot Muffin ** (55 gm or 2 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)	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) mashed
	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 ounce equivalent	Brown Rice (100% whole grain)	100% Whole Grain Bread **	100% Whole Grain Soft Roll ** (28 gm or 1 oz.) Mayo & Mustard	Brown Rice (100% whole grain)	*Macaroni & Cheese Mashed (100% whole wheat pasta)
	Milk Ages 1-5: four oz;					
SNACK	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 ounce equivalent	Ritz Crackers ** (4 crackers, 22 gm, or 0.8 oz.)	Corn Muffin ** (34 gm or 1.2 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 <i>mashed</i> (No raisins)	1 Small Banana **
	Grains/Breads Ages 1-5: ½ ounce equivalent	Original Cheerios (100% whole grain)	Whole Wheat Bread** (100% whole grain) (1 slice) <i>w/ Butter</i>	Wheat Chex Cereal ** (100% whole grain)	Blueberry Muffin ** (55 gm or 2 oz.)	Oatmeal WG Bread ** (1 slice) <i>w/ Low Fat Cream Cheese & Jelly</i>
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 3/4 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) <i>mashed</i>
	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 ounce equivalent	Yellow Brown Rice (100% whole grain)	100% Whole Wheat Dinner Roll ** (28 gm or 1 oz.) (Mustard/Ketchup/Mayo)	100% Whole Grain Bread **	Soft Corn Tortilla ** [(28 gm or 1 oz.) 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 ounce equivalent	100% Whole Grain Bread w/ <i>Jelly</i> ** Ages 1-5: 1 slice	Cinnamon Bread ** (1 slice; / <i>Low Fat Cream Cheese</i>	Whole Grain Crackers **	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Animal Crackers ** (15 crackers, 28 gm or 1 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 ** Grapes cut in half	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Pineapple Tidbits **	1 Small Banana **
	Grains/Breads Ages 1-5: ½ ounce equivalent	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	*Sloppy Joe ** w/Cheddar Cheese Slice	*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 ** (bell pepper, onion, broccoli, carrot in entrée)	½ cup Salad ** (Tomato, Cucumber) w/ Low Fat Ranch dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Fresh Spinach	Fresh Sliced Tomato ** without skin	Green Beans ** (fresh/frozen, not canned)	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon– no bananas/apples/oranges)	*Lentil Soup (1/2 cup -¼ cup diced carrots and celery and ¼ oz. lentils)
	Grains/Breads Ages 1-5: ½ ounce equivalent	Brown Rice (100% whole grain) (in entrée)	Dinner Roll** (28 gm or 1 oz.) (100% Whole Grain) Mustard, Mayo, Ketchup	*Jamaican Pigeon Peas and Brown Rice mashed (100% whole grain)	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 ounce equivalent		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 ounce equivalent	Total Whole Grain Cereal (100% whole grain)	WG Flatbread ** (28 gm or 1 oz.)	Original Cheerios (100% whole grain)	Bran Muffin ** (55 gm or 2 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 (mashed)	*Haitian Beef Meatballs (2 oz.) **	*Sliced Roasted Turkey **	*Brown Stew Chicken **	*Spaghetti & Meat Sauce with Ground Turkey
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Steamed Broccoli **	Steamed Spinach **	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	*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) Without skin w/ Low fat Ranch Dressing
	Grains/Breads Ages 1-5: ½ ounce equivalent	*Macaroni and Cheese (made / whole grain pasta) Mashed	Brown Rice (100% whole grain)	Soft Roll ** [(28 gm or 1 oz.)100% whole wheat	*Jamaican Pigeon Peas & Brown Rice mashed (100% whole grain)	Spaghetti** (made / whole wheat pasta) 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 ounce equivalent	Animal Crackers ** [(15 crackers, 28 gm or 1.2 oz.)100% whole grain]	Unsweetened Cornbread ** (34 gm or 1.2 oz.)	Graham Crackers ** (4 squares, 28 gm or 1 oz.)	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Carrot Muffin ** (55 gm or 2 oz.)
	Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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		WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY	WEDNESDAY
Special Menu for Holidays & Celebrations		Hispanic Heritage <u>October 19, 2022</u> 	Thanksgiving <u>November 16, 2022</u> 	December Holiday <u>December 21, 2022</u> 	Black History <u>February 15, 2023</u> 	Easter <u>April 5, 2023</u> 
		Milk	Milk	Milk	Milk	Milk
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 <i>mashed</i> (fresh/frozen, not canned)	Green Beans <i>mashed</i> (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 <i>mashed</i> (fresh/ frozen, not canned)
	Grains/Breads Ages 1-5: ½ ounce equivalent	Yellow (Brown) Rice	*WG Cornbread Stuffing	*Whole Wheat Macaroni & Cheddar Cheese **	*WG Corn bread ** (34 gm or 1.2 oz.)	100% Whole Wheat Dinner Roll ** (28 gm or 1 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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