



EARLY HEAD START PROGRAM – 2026-2027 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(mashed)	100% Grape Juice	Baked Apples (No raisins) (mashed)	Fruit Cocktail ** Grapes cut in half
	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	*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** Ketchup/Mayo
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Fresh Roasted Sweet Potatoes**	Creamed Corn (fresh/frozen, not canned)	Roasted Yellow Squash** (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) (mashed)	Mandarin Oranges**
	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			Soy Nut Butter	
	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.)	Graham Crackers**	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 unflavored whole, reduced fat (2%), low fat (1 %) or 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) **	*Cuban Sandwich w/ Turkey (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**	*Pea Soup (1/2 cup -¼ cup diced carrots and celery and ¼ oz peas)	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.	Sun Nut Butter 1 oz			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(mashed) (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 3/4 C ages 1-5)	*Sloppy Joe	*Chicken Strips**	*Ground Beef Sauce Spaghetti	*Lemon Pepper Baked Chicken**
	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)	Lima Beans(mashed)	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**	100% Whole Grain Pasta (in entrée) **	Brown Rice (100% whole grain)
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(mashed) 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 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**	*Beef Stir Fry** (2 oz. For 1-2 yrs)	*Jerk Chicken** (mild)	*Beef Lasagna**
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Sliced Carrots** (fresh/frozen, not canned)	Roasted Sweet Potato Wedges**	Stir Fry Vegetables** (bell pepper, snow peas, onion, broccoli, carrot in entrée	Roasted Squash** (Acorn, Winter or Butternut)	½ cup Salad (Tomato, Cucumber) ** w/ Low Fat Ranch dressing
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Fresh Spinach	Mixed Vegetable**	Apple Sauce	Green Beans(mashed) (fresh/frozen, not canned)	*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) Mustard, Mayo, Ketchup	Egg Noodles** (100% whole grain)	*Jamaican Pigeon Peas and Brown Rice (100% whole grain)	100% Whole Grain Pasta** (in entrée)
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

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	Special Menu for Holidays & Celebrations	Hispanic Heritage <i>October 9, 2026</i>	Thanksgiving <i>November 13, 2026</i>	December Holiday <i>December 11, 2026</i>	Black History <i>February 12, 2027</i>	Easter <i>March 12, 2027</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 (mashed) (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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