

6 OZ OF MILK IS SERVED FOR BREAKFAST/ LUNCH/ 4OZ FOR SNK



HEADSTART
3-5 YEAR OLDS
MAY 7 - 11- 2012
WEEK 1



WEEK 1									
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	7-May		8-May		9-May		10-May		11-May-12
	BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST		BREAKFAST
1 OZ	CHERRIOS	1	CINM. MUFFIN	1 slc	WHEAT TOAST	1 OZ	CORN FLAKES	1 SLC	RAISIN TOAST
4 OZ	DICE PEARS	4 OZ	APPLESAUCE	1	MARGERINE PC	4 OZ	PINEAPPLE CKS		
6 OZ	MILK	6 OZ	MILK	4 OZ	DICE PEACHES	6 OZ	MILK	1	ORANGE
				6 OZ	MILK			6 OZ	MILK
	LUNCH		LUNCH		LUNCH		LUNCH		LUNCH
1	HAMBURGER PATTY	1/4 CP	CHICKEN TACO MEAT	1 SLC	MEATLOAF	-	CHICKEN PATTY	1 SLICE	LUNCH
1 PK	CATSUP PC		w dice tomatoes/pepper	W	TOMATO SAUCE	1	WHEAT ROLL	1 SLICE	TURKEY
1	BUN	2 OZ	CORN	4 OZ	SEASONED RICE	1	MARGERINE PC	2 SLICES	CHEESE
2 OZ	MIX VEGETABLES			2 OZ	TOSS SALAD	2 OZ	GREEN BEANS	1	WHEAT BREAD
1	APPLE	1	ORANGE	1 TBSP	RANCH DRESSING	1	PEAR	2.5 OZ	SALAD DRESS. PC
		2	TORTILLA SHELLS	1	BANANA			1	POTATO SALAD
6 OZ	MILK	6 OZ	CHOCO MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	APPLE
	SNACK		SNACK		SNACK		SNACK		SNACK
1 PKG	STRAWBERRY GHAMS	1 PKG	LEMON GRAHAMS	2 PK	GRAHAM CKRS	1 BAG	TORTILLA CHIPS	8	RITZ CRACKERS
4 OZ	MILK	1PKG	STRING CHEESE	4 OZ	MILK	6 OZ	APPLE JUICE	2 SLCS	CHEESE

COLOR, NATIONAL ORGIN, SEX, AGE OR DISABILITY.
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

NO PORK ITEMS! 4 OZ PASTA PROVIDES 1 GRAIN/bread SERV.
 FRUIT AND JUICE IS SUBJECT TO CHANGE
 WATER SHOULD BE OFFERED AT ALL MEALS

FRUIT IS SUBJECT TO CHANGE

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6 OZ OF MILK IS SERVED FOR BREAKFAST/ LUNCH/ 4OZ FOR SNK



**HEADSTART
3-5 YEAR OLDS**



**MAY 14 - 18 - 2012
WEEK 2**

WEEK 2

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
	14-May-12		15-May-12		16-May-12		17-May-12		18-May-12

	<u>BREAKFAST</u>		<u>BREAKFAST</u>		<u>BREAKFAST</u>		<u>BREAKFAST</u>		<u>BREAKFAST</u>
1 OZ 4 OZ	CORN FLAKES DICE PEARS	1 OZ OR 4 OZ	FROSTED SHREDD. WHEAT RAISIN BRAN SLICED APPLES	1 OZ 4 OZ	RICE KRISPES PINEAPPLE CHUNKS	2 OZ 4 OZ	CREAMY OATMEAL APPLESAUCE	1 OZ 1	CHERRIOS ORANGE
6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK
	<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>
2 OZ 2 OZ 1 1	BBQ CHICKEN MEXICAN CORN HAMBURGER BUN APPLE	1 SLC 1 SLC 2 OZ 2 SLC 1 TBSF 1	TURKEY HAM CHEESE SWEET PEA SALAD WHEAT BREAD SALAD DRESSING BANANA	1 PKG 1 2 OZ 1	TURKEY FRANK CATSUP HOTDOG BUN CALIF. BLEND VEG. ORANGE	3 4 OZ 1 4 OZ 1	CHICKEN STRIPS MAC N CHEESE PEAR TOSS SALAD RANCH PC	1 2 OZ 1 1 SLC	MEATLOAF SLC W/ GRAVY MASH POTATOES APPLE WHEAT BREAD
6 OZ	WHITE MILK	6 OZ	MILK	6 OZ	CHOCO MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK
	<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>
4 OZ 1 PKG	MILK APPLE CINM GRAHAM WAFERS	4 OZ 1 PKG	MILK GOLD FISH CKRS	2 SLC 2 SLC	WHEAT BREAD CHEESE	8 6 OZ	RITZ CRACKERS ORANGE JUICE	1 4 OZ	BANANA MUFFIN MILK

NO PORK ITEMS!

4 OZ PASTA PROVIDES 1 GRAIN/bread SERV.

WATER SHOULD BE OFFERED TO ALL CHILDREN AT ALL MEALS

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**HEADSTART
3-5 YEAR OLDS**



**MAY 21 - 25 - 2012
WEEK 3**

WEEK 3

	<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>
	21-May-12		22-May-12		23-May-12		24-May-12		25-May-12

	<u>BREAKFAST</u>		<u>BREAKFAST</u>		<u>BREAKFAST</u>		<u>BREAKFAST</u>		<u>BREAKFAST</u>
1 OZ	CHERRIOS	2	BAGELS	1 SLC	WHEAT TOAST	1 OZ	CORNFLAKES	1 OZ	RICE KRISPES
4 OZ	DICE PEARS	1	JELLI PC	4 OZ	PINEAPPLE CKS	1	ORANGE	4 OZ	APPLESAUCE
		1	APPLE SLICED						
6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK
	<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>		<u>LUNCH</u>
					SEE BELOW				
2 OZ	CHICKEN BURRITOS	1	BEEF PATTY	3 EA	CHICKEN STRIPS	1 SLC	SALISBURY STEAK	1 SLC	TURKEY
W	DICE TOMATOES	1	HAMBURGER G BUN	2 OZ	STEAM BROCCOLI		W/ GRAVY	1 SLC	CHEESE
2	soft TORTILLA SHELLS	1 PKG	CATSUP	4 OZ	cold PASTA SALAD	2 OZ	MASH POTATOES	2 SLC	WHEAT BREAD
1	APPLE	2 OZ	GREEN BEANS	1	BANANA	4 OZ	TOSS SALAD	1 PKG	SALAD DRESS.
2 OZ	SEASONED VEGS.	1	FRESH PEAR			1	RANCH PC	1 PKG	MINI CARROTS
						1	WHEAT ROLL	1	RANCH PC
							MARGERINE PC	5 OZ	POTATO SALAD
6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	CHOCO MILK	6 OZ	WHITE MILK
	<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>		<u>SNACK</u>
2 PKG	SALTINES	1 BAG	TORTILLA CHIPS	1	BLUEBERRY MUFFIN	8	RITZ CRACKERS	1 PKG	VANILLA BITES
6 OZ	APPLE JUICE	1PKG	STRING CHEESE	4 OZ	MILK	6 OZ	DICE PEACHES	4 OZ	VANILLA YOGURT

BEEFY MAC/w PUREE,SPICES AND MACARONI

8 oz servi provides 2 oz meat, 1/4 cup of vegs. and 1 grain/BREAD serving

USE 2- 4 OZ SCOOPS PER SERVING

NO PORK ITEMS

FRUIT AND JUICE IS SUBJECT TO CHANGE

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4 OZ PASTA SALAD PROVIDES 1 GRAIN/bread SERV.

water should be offered at all meals

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HEADSTART
3-5 YEAR OLDS
JUNE 4 - 8 - 2012
WEEK 5



WEEK 5

	<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>
	4-Jun-12		5-Jun-12		6-Jun-12		7-Jun-12		8-Jun-12

<u>BREAKFAST</u>			<u>BREAKFAST</u>			<u>BREAKFAST</u>			<u>BREAKFAST</u>			<u>BREAKFAST</u>		
1 OZ	CORN FLAKES	1	CHOCO. MUFFIN	1 SLC	WHOLE WHEAT TOAST	1 OZ	RICE KRISPIES	1 OZ	MINI FROSTED					
4 OZ	PINEAPPLE CKS	1	FRESH ORANGE SLICED	4 OZ	APPLESAUCE	4 OZ	DICE PEARS	1	SHREDDED WHEAT					
6 OZ	MILK	6 OZ	MILK	6 OZ	MILK	6 OZ	MILK	6 OZ	MILK					
<u>LUNCH</u>			<u>LUNCH</u>			<u>LUNCH</u>			<u>LUNCH</u>			<u>LUNCH</u>		
1 SLC	MEATLOAF	2 OZ	BBQ CHICKEN	3	SEE BELOW									
	W/ GRAVY	1	BUN	4 OZ	CHICKEN STRIPS	1	TURKEY FRANK	2 OZ	SLOPPY JOES					
2 OZ	STEAM BROCCOLI	2 OZ	MIX VEGETABLES	2 OZ	PASTA SALAD	1	BUN	1	BUN					
1 SLC	W. WHEAT BREAD		APPLE	1EA	GREEN BEANS	1	CATSUP OR MUSTARD PG	2 OZ	SWEET CORN					
1	ORANGE	1			BANANA	2 OZ	CALIF. BLEND VEGS	1	ORANGE					
						1	PEAR							
6 OZ	WHITE MILK	6 OZ	WHITE MILK	6 OZ	CHOCO MILK	6 OZ	WHITE MILK	6 OZ	MILK					
<u>SNACK</u>			<u>SNACK</u>			<u>SNACK</u>			<u>SNACK</u>			<u>SNACK</u>		
4 OZ	MILK	2 PKG	SALTINES	1 PKG	CINM GOLD FISH	4 OZ	LOWFT-VANILLA YOGURT	1 PK	CHOCO. GRAHAMS					
2 PKG	SUGAR COOKIES	2 SLC	CHEESE	6 OZ	DICE PEACHES	1 PKG	ANIMAL CKRS	4 OZ	MILK					
OR	OATMEAL COOKIES													

NO PORK ITEMS

4 OZ PASTA PROVIDES 1 BREAD SERVING

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