

2023-2024 Early Head Start Menu (Ages 12-36 months)

Week 6

(Sep 18-22)(Oct 30 - Nov 3)(Dec 18-22)(Feb 12-16)(Apr 2-5)(May 13-17)(Jun 24-28)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	*WG French Toast Stick 2 sticks 1 oz/1 oz eq	*WG Oatmeal - 1/4 cup .5 oz/ .5 oz eq	*WG Cheerios – 1/2 cup .5 oz/.5 oz eq	Bagel - 1/2 each .5 oz/ .5 oz eq	#Cinnamon Toast *WG Whole Wheat Bread 1/2 Slice 1/2 oz/ 1/2 oz eq
Fruit/Vegetable	Mix Fruits 1/4 cup	Strawberries Diced (C) 1/4 cup	Banana Sliced- 1/4 cup (1/2 whole banana)	Tropical Fruit (A&C)Chopped 1/2 cup	Pineapples Tidbits (C) 1/4 cup
Other	Turkey Sausage – 1 each (cut into bite-sized pieces)			Scrambled Egg-1/4 cup	
Lunch					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	#Barbecue Beef on a Bun 1 oz Beef	#Confetti Soup (Fe) 1 Turkey Ham Diced (1 oz meat)	Fish Nuggets (CN)(Fe)- 3 - 1 oz Fish Nuggets CN # 096821 w/ Ketchup, and/or Mustard	#Ground Beef and Macaroni 1 oz Ground Beef	#Sweet & Sour Chicken 1/2 Chicken Thigh (1 oz meat, removemeat from bone)
Grain	*WG Slider Bun 1 each 1 oz/1 oz eq	*WG Cornbread 1 oz/1 oz eq	Grain in Fish Nuggets CN 096821	Macaroni (in recipe) 1/4 cup (.5 oz/ .5 oz eq)	*WG Brown Rice 1/4 cup (.5 oz/.5 oz eq)
Vegetable	Green Beans- 1/8 cup	Black Eyed Peas 1/4 cup (in recipe)	Steamed Broccoli (Chopped) 1/8 cup	Tomato Paste (in recipe) 1 Tbsp; 1/4 cup eq	Green Peas (A) 1/8 cup
Fruit/Vegetable	Mandarin Oranges (C)- 1/8 cup	Fresh Apples Diced 1/4 cup (1/4 apples)	Emoticon Fries - 5 1/4 cup eq	Diced Pears 1/8 cup	Mangoes Diced 1/8 cup
Snack					
	# Blueberry Vanilla Parfait				
Component #1	Vanilla Yogurt - 1/4 cup	Cheddar Cheese Cubes 1 oz; 4 cubes	Skim Milk - 1/2 cup	WG Wheat Tortilla (Cut into triangles, lightly crisped) 1/2 each (.5 oz/.5 oz eq)	Mozarella Stick (1) .75 oz/ .75 oz eq
Component #2	Blueberries - 1/2 cup	Animal Crackers 1 oz / 1 oz eq	*WG Elf Graham Crackers- 1 (1 oz) bag 1 oz eq	Cheddar Cheese (Warm) 3 oz Dip Cup	Marinara Sauce (2.5 oz cup)
Other	Graham Crackers Crushed 1 Tbsp				

Water must be served with all meals and snacks

This menu provides a rich source of several nutrients, as noted: (WG) Whole Grain Source; (Fe) Iron source; (A) Vitamin A source; (C) Vitamin C source

HSGD Recipe; CN - Child Nutrition Label on File
Menu subject to change based on product availability.

***Whole Milk for children <2; Skim Milk for children >2**

Created By: Irma Medina RD, LD
HSGD Registered Dietitian
7/24/2023

2023-2024 Early Head Start Menu (Ages 12-36 months)

Week 5

(Sep 11-15)(Oct 23-27)(Dec 11-15)(Feb 5-9)(Mar 25-28)(May 6-10)(Jun 17-21)

CAFCP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	#Cheese Grits - 1/4 cup 1 oz/1.25 oz eq	WGRaisin Toast- 1/2 slice .5 oz/.5 oz eq	WG Waffles 1/2 each .5 oz/.5 oz eq	*Cinnamon Toast Crunch Cereal Bowl (RS) 1 oz/1 oz eq	*Egg, Cheese, Potato Breakfast Taco *WG Wheat Tortilla- 1/2 each (.5oz/.5 oz eq)
Fruit/Vegetable	Diced Peaches(A) 1/4 cup	Mandarin Oranges 1/4 cup	Blueberries - 1/4 cup	Tropical Fruit Chopped 1/4 cup	Potatoes Diced- 1/4 cup
Other	Turkey Bacon- 1 Slice	Spread Light Cream Cheese Cup	Syrup-1 Tbsp		Scrambled Egg-1/4 cup; 1/2 oz Shredded Cheese; Picante Sauce
Lunch					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	#Arroz con Pollo 1 oz Chicken Tenderloin	Beef Taco (Fe) 1 oz Ground Beef Cheese & Salsa	#Stir Fried Green Rice, Eggs and Turkey Ham 1 oz Turkey Ham	# Chicken Tetrazzini 1 oz Chicken Diced	Cheese Pizza (Fe) 1 oz Meat Equivalent CN # 069623 (Serve 1 serving)
Grain	*WG Brown Rice ¼ cup (.5 oz/.5 oz eq)	*WG Wheat Tortilla 1 each (1 oz/ 1oz eq)	*WG Brown Rice ¼ cup (.5 oz/ .5 oz eq)	*WG Spaghetti Noodle (in recipe) 1/4 cup (.5 oz/ .5 oz eq)	Grain in Cheese Pizza CN # 069623
Vegetable	Tomatoes Sauce (in recipe) 1/4 cup	Lettuce & Tomatoes (C) 1/4 cup	Steamed Broccoli 1/8 cup	Green Peas (A) 1/8 cup	Cut Green Beans 1/8 cup
Fruit/Vegetable	Fresh Pear Diced 1/4 cup (1/4 pear)	Pineapples Tidbits (C) 1/8 cup	Mix Fruit (A&C) 1/8 cup	Watermelon 1/8 cup	Fresh Orange (1/4 cup slices)
Snack					
		Banana Pudding	Charcuterie Plate		Birthday Celebrations!
Component #1	Scooby-Doo Graham Crackers Sticks 1 bag 1 oz/1 oz eq	Vanilla Yogurt - 1/4 cup	Fresh Apples Slices 1/4 cup (1/4 apples)& Cucumber Cubes 1/4 cup	Sun Butter - 1 Tbsp	Milk - 1/2 cup
Component #2	Emoji Ice Cup 1 (4 oz) cup	Banana-1/2 cup	Goldfish Pretzels 1 pkg 1 oz/.75 oz eq	Ritz Crackers – 5 each 1 oz/.75 oz eq	Frozen Strawberries (C) 1/2 cup
Other		*WG Graham Crackers- 1 packages (.5 oz/.5 oz eq)	Cheddar Cheese Cubes .5 oz; 2 cubes		HSGD Birthday Cake or Cupcakes

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2023-2024 Early Head Start Menu (Ages 12-36 months)

Week 4

(Sep 5-8)(Oct 17-20)(Dec 4-8)(Jan 29- Feb 2)(Mar 18-22)(Apr 29-May 2)(Jun 10-14)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	Bacon & Egg Biscuit Sandwich WG Biscuit-1each 1 oz/ 1 oz eq	Rice Krispies Cereal 3/4 cup .5 oz/.5 oz eq	Cheese Toast *WG Whole Wheat Bread 1/2 slice (.5 oz/.5 oz eq)	*WG Pancakes - 1 each 1.3 oz/1 oz eq	*WG Oatmeal - 1/4 cup .5 oz/ .5 oz eq
Fruit/Vegetable	Pineapples Tidbits (C) 1/4 cup	Mango Peach Applesauce 1 (4.5oz) cup	Fresh Apples Diced 1/4 cup (1/4 apples)	Strawberries Slices (C) 1/4 cup	Fresh Orange Slices 1/4 cup (1/2 whole orange)
Other	Egg Patties-1 each Turkey Bacon- 1 slice		American Cheese 1/2 slice	Turkey Sausage – 1 each (cut into bite-sized pieces)	
Lunch					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	#Macaroni and Cheese 1 oz Cheese	#Meat Loaf 1 oz Ground Beef	Tortilla with Diced Chicken 1 oz Diced Chicken	#Sloppy Joe on Roll (A, C, Fe) 1 oz Ground Beef	#Teriyaki Chicken 1/2 Chicken Thigh (1 oz meat, removemeat from bone)
Grain	*WG Macaroni (in recipe) 1/4 cup (.5 oz/ .5 oz eq)	(WG) Wheat Roll-1 each 1 oz/1 oz eq	*WG Wheat Tortilla 1 each (1 oz/ 1oz eq)	*WG Slider Bun 1 each 1 oz/1 oz eq	*WG Brown Rice 1/4 cup (.5 oz/.5 oz eq)
Vegetable	Spinach (A,C, Fe) - 1/8 cup	Mashed Potatoes ¼ cup	Pinto Beans 1/4 cup (in recipe)	Baked Tater Tots 1/8 cup	Italian Green Beans - 1/8 cup
Fruit/Vegetable	Tropical Fruit Chopped 1/4 cup	Mix Fruits 1/8 cup	#Pico de Gallo (C) 1/4 cup	Mandarin Oranges (C) 1/8 cup	Fresh Pear Diced 1/4 cup (1/4 pear)
Snack					
		Pizza Cheese Quesadilla CN - 086695 (1/2 quesadilla triangle)	#Yogurt Fruit Dip (C)		
Component #1	*WG Blueberry Muffin - 1.9oz/1 oz eq	Grain in Quesadilla CN - 086695	Vanilla Yogurt 1/4 cup	Milk - 1/2 cup	Vanilla Graham Chatsnax 1(1oz) bag / 1 oz eq
Component #2	Milk - 1/2 cup	Meat Alternate in Quesadilla CN -086695	*WG Graham Crackers- 2 packages (1 oz/1 oz eq)	WGRaisin Toast- 1/2 slice .5 oz/.5 oz eq	Colby and Monterey Jack Cheese Cubes 1 oz (4cubes)
Other			Diced Peaches - 1/4 cup (in recipe)		

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Week 3

(Aug 28-Sep 1)(Oct 9-11)(Nov 27-Dec 1)(Jan 22-26)(Mar 4-8)(Apr 22-26)(Jun 3-7-9)(Jul 15-19)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	Egg Toast Bread *WG Whole Wheat Bread 1/2 Slice .5 oz/ .5 oz eq	*WG French Toast Stick 2 sticks 2 oz/2 oz eq	WG Waffles 1/2 each .5 oz/.5 oz eq	Cereal Frosted Mini Wheat Bowl - 1 oz/1 oz eq	*WG #Baked Cheese Grits 1/4 cup (1 oz/ 1.25 oz eq)
Fruit/Vegetable	Fresh Pear Diced 1/4 cup (1/4 pear)	Tropical Fruit Chopped 1/4 cup	Fresh Orange Slices 1/4 cup (1/2 whole orange)	Banana Sliced- 1/4 cup (1/2 whole banana)	Diced Peaches 1/4 cup
Other	Scrambled Egg-1/4 cup;				
Lunch					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	Chicken Nuggets(CN) 3 Chicken Nuggets CN -096504 Ketchup	#Chili Con Carne 1 oz. Ground Beef	#Smothered Beef Tips (Fe) 1 oz Beef Stew Meat	Turkey Burger 1/2 of 5.33 oz Turkey Patty w/ Cheese, Mayo, and Pickle	#Blackened White Fish 1/2 of 3 oz Tilapia Fish Fillet
Grain	Grain in Chicken Nuggets CN -096504	*WG Saltine Crackers 2 packages (4 crackers) .5 oz/.75 oz eq	*WG Brown Rice ¼ cup (.5 oz/ .5 oz eq)	*WG Whole Wheat Bun 1/2 each 1 oz/1 oz eq	#Spanish Rice with Salsa 1/4 cup (.5 oz/ .5 oz eq)
Vegetable	Mixed Vegetables (A&C) 1/8 cup	Diced Tomatoes (in recipe) 1/4 cup	Diced Carrot (A) 1/4 cup	Green Beans- 1/8 cup	#Roasted Brussels Sprouts (A) 1/8 cup (cut into quarters)
Fruit/Vegetable	# Mashed Potatoes w/ Brown Gravy 1/8 cup	Fresh Apple Diced 1/4 cup (1/4 apples)	Pineapples Tidbits (C) 1/8 cup	Mix Fruits 1/8 cup	Diced Pears (can) 1/8 cup
Snack					
	#Strawberry Melon Salad		HSGD Lunchable	Flower Snack Plate	
Component #1	Low Fat Vanilla Yogurt 2 oz	Milk - 1/2 cup	Sliced Turkey - .5 oz (mayo, mustard)	String Cheese Stick - 1 oz	WG Cheeze It 1 oz/ 1 oz eq
Component #2	Honeydew Melon Diced- 1/4 cup Strawberries Diced-1/4 cup	Bug Bites Graham Crackers 1 (1oz) bag 1 oz eq	*WG Slider Bun 1 each 1 oz/1 oz eq	Strawberries Slices-1/4 cup Kiwi Slices - 1/4 cup	Applesauce-1/2 cup
Other			American Cheese - .5 oz		

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Week 2

(Aug 21-25)(Oct 2-6)(Nov 13-17)(Jan 16-19)(Feb 26-Mar 1)(Apr 15-19)(May 30-31)(Jul 8-12)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	*WG Buttered WW Toast 1/2 Slice .5 oz/.5 oz eq	#Creamy Strawberry Peach Waffles Parfait (1/2 WG Waffles) .5 oz/.5 oz eq	*WG French Toast Stick 2 sticks 2 oz/2 oz eq	*WG Multigrain Cheerios Bowl 1 oz/1 oz eq	*WG Cream of Wheat 1/4 cup .5 oz/.5 oz eq
Fruit/Vegetable	Fresh Pear Diced 1/4 cup (1/4 pear)	Strawberries Diced(C) - 1/8 cup Peach Diced - 1/8 cup	Fresh Apples Diced 1/4 cup (1/4 apples)	Fresh Orange Slices 1/4 cup (1/2 whole orange)	Blueberries - 1/4 cup
Other	#Baked Scrambled Egg 1/4 cup	Vanilla Yogurt - 1/4 cup			
Lunch					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	#Spaghetti and Meat Sauce 1 oz Ground Beef	#Barbecued Chicken 1/2 Chicken Thigh (1 oz meat, remove meat from bone)	Fish Crispie (CN)(Fe)- 1/2 of 3 oz Fish Patty CN # 418317 w/ Tartar Sauce, Ketchup, and/or Mustard	#Pinto Beans with Ground Beef (Fe) 1/2 oz Ground Beef 1/4 cup Pinto Beans	Chicken WG Croissants Sandwich (1/2 Whole Croissants) 1 oz Chicken Filet .5 oz Swiss American Cheese
Grain	*WG Spaghetti Noodles (in recipe) - 1/4 cup .5 oz / .5 oz eq	*WG Whole Wheat Bread 1 slices 1 oz/1 oz eq	*WG Slider Bun 1 each 1 oz/1 oz eq	WG Wheat Tortilla 1 each (1 oz/ 1 oz eq)	*WG Croissants 1/2 each (1.1 oz/1 oz eq)
Vegetable	# Ranch Seasoned Fresh Green Beans 1/8 cup	Carrot Sticks (A) - 1/8 cup (3 sticks, cooked soft enough to chew)	Green Peas (A) 1/8 cup	Turnip Greens (A,C, Fe) 1/8 cup	Celery Sticks 1/4 cup (3 sticks, cooked soft enough to chew)
Fruit/Vegetable	Mixed Fruit 1/8 cup	Baked Beans (Fe) 1/8 cup	Tropical Fruit Chopped - 1/4 cup	Mangoes 1/8 cup	Watermelon Diced 1/8 cup
Snack					
				#Meatball Slider (A,C, Fe)	
Component #1	Chocolate Bear Graham 1 (1 oz) bag 1 oz eq	WG Cheeze It 1 oz/ 1 oz eq	American Cheese - .5 oz (cut into four square)	Meatballs - 2 each (.5 oz) CN - 084473	Emoji Ice Cup 1 (4 oz) cup
Component #2	Milk - 1/2 cup	Fresh Pear Diced 1/2 cup (1/2 pear)	Ritz Crackers - 5 each 1 oz/.75 oz eq	*WG Slider Bun 1 each 31g/1 oz eq	Colby and Monterey Jack Cheese Cubes 1 oz (4cubes)
Other					

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2023-2024 Early Head Start Menu (Ages 12-36 months)

Week 1

(Aug 14-18)(Sep 25-29)(Nov 6-10)(Jan 9-12)(Feb 20-23)(Apr 8-12)(May 20-24)(Jul 1-3)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	Egg & Cheese Biscuit WG Biscuit-1each 1 oz/ 1 oz eq	Bean Burrito *WG Wheat Tortilla 1/2 each (.5 oz/.5 oz eq)	*WG Pancakes - 1 each 1.3 oz/1 oz eq	*WG Kix Cereal 3/4 cup .75 oz/1 oz eq	#Cheese Grits- 1/4 cup 1 oz/1.25 oz eq
Fruit/Vegetable	Tropical Fruit Chopped 1/4 cup	Blueberries - 1/4 cup	Diced Peaches(A) 1/4 cup	Banana Sliced- 1/4 cup (1/2 whole banana)	Fresh Orange Slices 1/4 cup (1/2 whole orange)
Other	Egg Patties-1 each; American Cheese 1 slice	#Refried Beans- (Fe) 1/4 cup	Turkey Sausage – 1 each (cut into bite-sized pieces)		
Lunch					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	#Chicken and Noodles 1 oz Chicken Diced	Cheeseburger 1/2 of 3.2 oz Hamburger Patty Cheese, Mayo, and Pickle	#Oven Fried Chicken 1/2 Chicken Thigh (1 oz meat, remove meat from bone))	#Beef Picadillo 1 oz Ground Beef	#Baked Cajun Fish Taco 1/2 of 3oz Tilapia Fish Fillet (cut diced)
Grain	Noodles (in recipe) 1/4 cup .5 oz/.5 oz eq	*WG Whole Wheat Bun 1/2 each 1 oz/1 oz eq	(WG) Wheat Roll-1 each 1 oz/1 oz eq	*WG Brown Rice ¼ cup (.5 oz/.5 oz eq)	WG Wheat Tortilla 1 each (1 oz/ 1 oz eq)
Vegetable	Peas and Carrots (A) 1/8 cup	#Oven French Fries- 1/4 cup (7-9 fries) Fresh or Frozen	Collard Greens (A&C) 1/8 cup	Diced Tomatoes (in recipe) 1/8 cup	Green Peas - 1/8 cup
Fruit/Vegetable	Fresh Apple Diced 1/4 cup (1/4 apples)	Honeydew Melon Diced(C) 1/8 cup	Mix Fruit (A&C) 1/8 cup	Mandarin Oranges (C)- 1/8 cup	Cantaloupe Diced (A&C) ¼ cup
Snack					
		Fruit Breeze	#Toasted Cheese Sandwich 1/2 each	#Refried Beans- (Fe)	#Berry Jams Party Bites
Component #1	Milk - 1/2 cup	Vanilla Yogurt - 1/4 cup	American Cheese 1 slice	Pinto Beans - 1/8 cup	WG Bagel 1/2 each .95 oz/.5 oz eq
Component #2	Teddy Graham 1 bag .75 oz/.75 oz eq	Mangoes Diced -1/4 cup Strawberries Diced - 1/4 cup	*WG Whole Wheat Bread 1 Slice 1 oz/1 oz eq	*WG Wheat Tortilla 1/2 each (.5 oz/.5 oz eq)	Sun Butter - 1 Tbsp
Other					Fruit 4 Berry Blend 1/8 cup

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