

2023-2024 Head Start Menu (Ages 3-5)					
Week 6					
(Sep 18-22)(Oct 30 - Nov 3)(Dec 18-22)(Feb 12-16)(Apr 2-5)(May 13-17)					
CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 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	<b>#Cinnamon Toast</b> *WG Whole Wheat Bread 1 Slice 1 oz/ 1 oz eq
Fruit/Vegetable	Mix Fruits 1/2 cup	Strawberries (C) 1/2 cup	Banana - ½ cup (1 whole banana)	Tropical Fruit (A&C) 1/2 cup	Pineapples Tidbits (C) 1/2 cup
Other	Turkey Sausage – 1 each			Scrambled Egg-1/4 cup	
<b>Lunch</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Meat/Meat Alt	<b>#Barbecue Beef on a Bun</b> 2 oz Beef	<b>#Confetti Soup (Fe)</b> 1.5 Turkey Ham Diced (1.5 oz meat)	<b>Fish Nuggets (CN)(Fe)-</b> 4 - 1 oz Fish Nuggets CN # 096821 w/ Ketchup, and/or Mustard	<b>#Ground Beef and Macaroni</b> 1.5 oz Ground Beef	<b>#Sweet &amp; Sour Chicken</b> 1 Chicken Thigh (1.5 oz Chicken)
Grain	*WG Whole Wheat Bun 1 each (2.5") 2 oz/2 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	Coleslaw (C) - 1/2 cup	Black Eyed Peas 1/4 cup (in recipe)	Steamed Broccoli 1/4 cup	Tomato Paste (in recipe) 1 Tbsp; 1/4 cup eq	Green Peas (A) 1/4 cup
Fruit/Vegetable	Mandarin Oranges (C) 1/4 cup	Fresh Apples Slices 1/4 cup (1/4 apples)	Emoticon Fries - 5 1/4 cup eq	Diced Pears 1/4 cup	Mangoes 1/4 cup
<b>Snack</b>					
	<b># Blueberry Vanilla Parfait</b>				
Component #1	Vanilla Yogurt - 1/4 cup	Cheddar Cheese Cubes 1 oz; 4 cubes	Skim Milk - 1/2 cup	Tortilla Chips 28g/ 1 oz eq	Mozarella Stick (2) 1.25 oz/ 1 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\*

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HSGD Registered Dietitian  
7/24/2023

2023-2024 Head Start Menu (Ages 3-5)					
Week 5					
(Sep 11-15)(Oct 23-27)(Dec 11-15)(Feb 5-9)(Mar 25-28)(May 6-10)					
CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Grain/ Meat	<b>#Cheese Grits</b> - 1/4 cup 1 oz/1.25 oz eq	*WG Raisin Toast - 1 slice 1 oz/1 oz eq	WG Waffles 1 each 1 oz/1 oz eq	*Cinnamon Toast Crunch Cereal Bowl (RS) 1 oz/1 oz eq	Egg, Cheese, Potato Breakfast Taco *WG Wheat Tortilla-1 each 1 oz/1oz eq
Fruit/Vegetable	Diced Peaches(A) 1/2 cup	Mandarin Oranges 1/2 cup	Blueberries - 1/2 cup	Tropical Fruit 1/2 cup	Potatoes Diced- 1/2 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
<b>Lunch</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Meat/Meat Alt	<b>#Arroz con Pollo</b> 2 oz Chicken Tenderloin	<b>#"Make My Own"</b> <b>Walking Taco (Fe)</b> 1.5 oz Ground Beef	<b>#Stir Fried Green Rice,</b> <b>Eggs and Turkey Ham</b> 1.5 oz Turkey Ham	<b># Chicken Tetrazzini</b> 1.5 oz Chicken Diced	<b>Cheese Pizza (Fe)</b> 2 oz Meat Equivalent CN # 069623
Grain	*WG Brown Rice ¼ cup (.5 oz/.5 oz eq)	*WG Sun Chips Harvest Cheddar 1 (1 oz) Bag 22g/ .75 oz eq	*WG Brown Rice ¼ cup (.5 oz/ .5 oz eq)	*WG Spaghetti Noodles (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) 1/2 cup	Steamed Broccoli ¼ cup	Green Peas (A) 1/4 cup	Cut Green Beans 1/4 cup
Fruit/Vegetable	Fresh Pear Slices 1/4 cup (1/4 pear)	Pineapples Tidbits (C ) 1/4 cup	Mix Fruits 1/4 cup	Watermelon 1/4 cup	Fresh Orange- 1/4 cup (1/2 whole orange)
<b>Snack</b>					
		<b>Banana Pudding</b>	<b>Charcuterie Plate</b>		<b>Birthday Celebrations!</b>
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	Skim 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		<b>HSGD Birthday Cake or Cupcakes</b>

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2023-2024 Head Start Menu (Ages 3-5)					
Week 4					
(Sep 5-8)(Oct 17-20)(Dec 4-8)(Jan 29- Feb 2)(Mar 18-22)(Apr 29-May 2)					
CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 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	<b>Cheese Toast</b> *WG Whole Wheat Bread 1 slice (1 oz/1 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) 1/2 cup	Mango Peach Applesauce 1 (4.5oz) cup	Fresh Apples Slices 1/2 cup (1/2 apples)	Strawberries (C) 1/2 cup	Fresh Orange Slices 1/2 cup (1 whole orange)
Other	Egg Patties-1 each Turkey Bacon- 1 slice		American Cheese 1 slice	Turkey Sausage – 1 each	
<b>Lunch</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Meat/Meat Alt	<b>#Macaroni and Cheese</b> 2 oz Cheese	<b>#Meat Loaf</b> 1.5 oz Ground Beef	<b># Nachos with Diced Chicken</b> 1.5 oz Diced Chicken	<b>#Sloppy Joe on Roll</b> (A, C, Fe) 2 oz Ground Beef	<b>#Teriyaki Chicken</b> 1 Chicken Thigh (1.5 oz meat)
Grain	*WG Macaroni (in recipe) 1/4 cup (.5 oz/ .5 oz eq)	(WG) Wheat Roll-1 each 1 oz/1 oz eq	*WG Tortilla Chips (10 Chips) 1 oz/1 oz eq	*WG Whole Wheat Bun 1 each 2 oz/2 oz eq	*WG Brown Rice ¼ cup/ .5 oz eq
Vegetable	Spinach (A,C, Fe) - ¼ cup	Mashed Potatoes ¼ cup	Pinto Beans 1/4 cup (in recipe)	Baked Tater Tots 1/4 cup	Italian Green Beans - 1/4 cup
Fruit/Vegetable	Tropical Fruit (A&C) ¼ cup	Mix Fruits 1/4 cup	<b>#Pico de Gallo (C)</b> 1/4 cup	Mandarin Oranges (C) 1/4 cup	Fresh Pear Slices 1/4 cup (1/4 pear)
<b>Snack</b>					
		Pizza Cheese Quesadilla CN - 086695 (1/2 quesadilla triangle)	<b>#Yogurt Fruit Dip (C)</b>		
Component #1	*WG Blueberry Muffin 1.9oz/1 oz eq	Grain in Quesadilla CN - 086695	Vanilla Yogurt 1/4 cup	Skim Milk - 1/2 cup	Vanilla Graham Chatsnax 1(1oz) bag / 1 oz eq
Component #2	Skim Milk - 1/2 cup	Meat Alternate in Quesadilla CN -086695	*WG Graham Crackers- 2 packages ( 1 oz/1 oz eq)	*WG Raisin Toast - 1 slice 1 oz/1 oz eq	Colby and Monterey Jack Cheese Cubes 1 oz (4cubes)
Other			Diced Peaches - 1/4 cup (in recipe)		

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2023-2024 Head Start Menu (Ages 3-5)					
Week 3					
(Aug 28-Sep 1)(Oct 9-11)(Nov 27-Dec 1)(Jan 22-26)(Mar 4-8)(Apr 22-26)					
CAFCP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Grain/ Meat	Egg Toast Bread *WG Whole Wheat Bread 1 Slice 1 oz/ 1 oz eq	*WG French Toast Stick 2 sticks 2 oz/2 oz eq	WG Waffles 1 each 1 oz/1 oz eq	Cereal Frosted Mini Wheat Bowl - 1 oz/1 oz eq	<b>*WG #Baked Cheese Grits</b> 1/2 cup (1 oz/ 1.25 oz eq)
Fruit/Vegetable	Fresh Pear Slices 1/2 cup (1/2 pear)	Tropical Fruit 1/2 cup	Fresh Orange Slices 1/2 cup (1 whole orange)	Banana - 1/2 cup (1 whole banana)	Diced Peaches 1/2 cup
Other	Scrambled Egg-1/4 cup				
<b>Lunch</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Meat/Meat Alt	<b>Chicken Nuggets(CN)</b> 5 Chicken Nuggets CN -096504 Ketchup	<b>#Chili Con Carne</b> 1.5 oz. Ground Beef	<b>#Smothered Beef Tips (Fe)</b> 1.5 oz Beef Stew Meat	<b>Turkey Burger</b> 5.33 oz <b>Turkey Patty</b> <b>w/Cheese, Mayo, and Pickle</b>	<b>#Blackened White Fish</b> 3 oz Tilapia Fish Fillet
Grain	Grain in Chicken Nuggets CN -096504	*WG Tortilla Chips (10 Chips) 1 oz/1 oz eq	*WG Brown Rice ¼ cup (.5 oz/ .5 oz eq)	*WG Whole Wheat Bun 1 each 2 oz/2 oz eq	<b>#Spanish Rice with Salsa</b> 1/4 cup (.5 oz/ .5 oz eq)
Vegetable	Mixed Vegetables (A&C) 1/4 cup	Diced Tomatoes (in recipe) 1/4 cup	Diced Carrot (A) 1/4 cup	Green Beans- ¼ cup	<b>#Roasted Brussels Sprouts (A)</b> 1/4 cup (cut in half)
Fruit/Vegetable	<b># Mashed Potatoes w/ Brown Gravy</b> ¼ cup	Fresh Apples Slices 1/4 cup (1/4 apples)	Pineapples Tidbits (C ) 1/4 cup	Mix Fruits 1/4 cup	Diced Pears (can) 1/4 cup
<b>Snack</b>					
	<b>#Strawberry Melon Salad</b>		<b>HSGD Slider</b>	<b>Flower Snack Plate</b>	
Component #1	Low Fat Vanilla Yogurt 4 oz	Skim 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 Cube- 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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## 2023-2024 Head Start Menu (Ages 3-5)

### Week 2

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

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Grain/ Meat	*WG Buttered WW Toast 1 Slice 1 oz/1 oz eq	<b>#Creamy Strawberry Peach Waffles Parfait</b> (1 WG Waffles) 1 oz/1 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 Slices 1/2 cup (1/2 pear)	Strawberries (C) - 1/4 cup Peach Slices - 1/4 cup	Fresh Apples Slices 1/2 cup (1/2 apples)	Fresh Orange Slices 1/2 cup (1 whole orange)	Blueberries - 1/2 cup
Other	<b>#Baked Scrambled Egg</b> 1/4 cup	Vanilla Yogurt - 1/2 cup			
<b>Lunch</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Meat/Meat Alt	<b>#Spaghetti and Meat Sauce</b> 1.5 oz Ground Beef	<b>#Barbecued Chicken</b> 1 Chicken Thigh (1.5 oz Chicken)	<b>Fish Crispie (CN)(Fe)-</b> 3 oz Fish Patty CN # 418317 w/ Ketchup, and/or Mustard	<b>#Pinto Beans with Ground Beef (Fe)</b> 1/2 oz Ground Beef 1/4 cup Pinto Beans	<b>Chicken WG Croissants Sandwich</b> <b>(1 Whole Croissants)</b> 2 oz Chicken Filet 1 oz Swiss American Cheese
Grain	*WG Spaghetti Noodles (in recipe) - 1/4 cup .5 oz / .5 oz eq	*WG Whole Wheat Bread 1 slice 1 oz/1 oz eq	*WG Whole Wheat Bun 1 each (2 oz/2 oz eq)	*WG Tortilla Chips (10 Chips) 1 oz/1 oz eq	*WG Croissants 1 each (2.2 oz/2 oz eq)
Vegetable	<b># Ranch Seasoned Fresh Green Beans</b> 1/4 cup	Carrot Sticks (A) - 1/2 cup (6-8 sticks) (Ranch Dressing for Dipping)	Green Peas (A) 1/4 cup	Turnip Greens (A,C, Fe) 1/4 cup	Celery Sticks 1/2 cup(6-8 sticks ) (Ranch Dressing for Dipping)
Fruit/Vegetable	Mixed Fruit 1/4 cup	Baked Beans (Fe) 1/4 cup	Tropical Fruit - 1/4 cup	Mangoes 1/4 cup	Watermelon 1/4 cup
<b>Snack</b>					
				<b>#Meatball Slider</b> (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	Skim Milk - 1/2 cup	Pear Slices 1/2 cup	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 Head Start Menu (Ages 3-5)					
Week 1					
(Aug 14-18)(Sep 25-29)(Nov 6-10)(Jan 9-12)(Feb 20-23)(Apr 8-12)(May 20-24)					
CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Grain/ Meat	Egg, & Cheese Biscuit WG Biscuit-1each 1 oz/ 1 oz eq	<b>Bean Burrito</b> *WG Wheat Tortilla 1 each (1 oz/ 1 oz eq)	*WG Pancakes - 1 each 1.3 oz/1 oz eq	*WG Kix Cereal 3/4 cup .75 oz/1 oz eq	<b>#Cheese Grits-</b> 1/4 cup 1 oz/1.25 oz eq
Fruit/Vegetable	Tropical Fruit 1/2 cup	Blueberries - 1/2 cup	Diced Peaches(A) 1/2 cup	Banana - 1/2 cup (1 whole banana)	Fresh Orange Slices 1/2 cup (1 whole orange)
Other	Egg Patties-1 each American Cheese 1 slice	<b>#Refried Beans (Fe)</b> 1/3 cup	Turkey Sausage – 1 each		
<b>Lunch</b>					
Milk	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup	Skim Milk - 3/4 cup
Meat/Meat Alt	<b>#Chicken and Noodles</b> 2 oz Chicken Diced	<b>Cheeseburger</b> 3.2 oz <b>Hamburger Patty</b> <b>Cheese, Mayo, and Pickle</b>	<b>#Oven Fried Chicken</b> 1 Chicken Thigh (1.5 oz Chicken)	<b>Beef Picadillo</b> 1.5 oz Ground Beef	<b>Baked Cajun Fish Taco</b> 3oz Tilapia Fish Fillet
Grain	Noodles (in recipe) 1/4 cup .5 oz/ .5 oz eq	*WG Whole Wheat Bun 1 each 2 oz/2 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) 1/4 cup	<b>#Oven French Fries</b> 1/2 cup (10-12 fries)	Collard Greens (A&C) ¼ cup	Diced Tomatoes (in recipe) 1/4 cup	Coleslaw (C) - 1/2 cup
Fruit/Vegetable	Fresh Apples Slices 1/4 cup (1/4 apples)	Honeydew Melon (C) 1/4 cup	Mix Fruit 1/4 cup	Mandarin Oranges (C) 1/4 cup	Cantaloupe (A&C) ¼ cup
<b>Snack</b>					
		<b>Fruit Breeze</b>	<b>#Toasted Cheese Sandwich</b> 1/2 each	<b>#Refried Beans-</b> (Fe)	<b>#Berry Jams Party Bites</b>
Component #1	Skim Milk - 1/2 cup	Vanilla Yogurt - 1/4 cup	American Cheese 1 slice	Pinto Beans - 1/4 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 - 1/4 cup	*WG Whole Wheat Bread 1 Slice 1 oz/1 oz eq	*WG Frito Chips -1/2 cup 1 oz/1 oz eq	Sun Butter - 1 Tbsp
Other					Fruit 4 Berry Blend 1/8 cup

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