

Head Start Classroom Food Record

Classroom Number: _____

Date: _____

C	Monday		Amt. Served		Tuesday		Amt. Served		Wednesday		Amt. Served		Thursday		Amt. Served		Friday		Amt. Served		
	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	Freezer Temp		Amount	Unit	
	Fridge Temp				Fridge Temp				Fridge Temp				Fridge Temp				Fridge Temp				
Breakfast	Meat	3/4 c Cereal			1/2 oz WGR Orange Cranberry Bread				1/4 c Oatmeal				1/2 oz WGR French Toast Sticks				1 sq Cheesy Egg, Sausage and Potato Casserole (1/5 oz Meat/ 1/4 c Vegetable)				
	Grain	1/2 c Banana (C)			1/2 c Peaches (C)				1/2 c Mixed Berries (C)				1/2 c Applesauce				3/4 c 1% Milk				
	Fruit/Veg	3/4 c 1% Milk			3/4 c 1% Milk				3/4 c 1% Milk				3/4 c 1% Milk								
	Veg																				
	Milk																				
AM Snack	Meat	3/4 c 1% Milk			1/8 c Cottage Cheese				1/2 oz Soft pretzel				1 Sheet WGR Graham Cracker				1/2 oz WGR Animal Crackers				
	Grain	1/2 oz String Cheese			1/2 c Cucumber Slices				1/2 oz Cheese Sauce				1/2 c Pumpkin Puff (A)				1/2 c V8 Juice				
	Fruit/Veg																				
	Veg																				
	Milk																				
Lunch	Meat	<u>Grilled Ham and Cheese</u> (1.5 oz meat/ .75 oz WGR)			1.5 oz Salisbury Steak				<u>1.5 c Chicken Ramen</u> (1.5 oz Meat, 1 oz WGR, 5/8 c veg)				<u>Beef Taco</u> 1 oz Meat				<u>Asian Tuna Burger</u> (2 oz meat, 1 oz WGR bun)				
	Grain	1/4 c Mangos (A)			1/2 oz WGR Dinner Roll				1/4 c Orange Slices (C)				1/2 oz Cheddar Cheese .5				1/4 c Cantaloupe (A)				
	Fruit/Veg	1/4 c Broccoli Bites			1/4 c Beets				1/4 c Orange Slices (C)				WGR Tortilla				1/4 c Peas and Carrots				
	Veg	3/4 c 1% Milk			1/4 c Mashed Sweet Potatoes				3/4 c 1% Milk				1/4 c Mandarin Orange (A)				3/4 c 1% Milk				
	Milk				3/4 c 1% Milk								1/2 c Romaine Lettuce								
PM Snack	Meat	1/8 c Cottage Cheese			1/2 oz Cheese Sauce				1 Sheet WGR Graham Cracker				1/2 oz WGR Animal Crackers				1/2 oz WGR Bread Stick				
	Grain	1/2 c Cucumber Slices			1/2 oz WGR Soft Pretzel				1/2 c Pumpkin Puff (A)				1/2 c V8 Juice				3/4 c 1% Milk				
	Fruit/Veg																				
	Veg																				
	Milk																				
Serve Notes																				Marina with AM Snack	

Monday	B	S	L	S	Tuesday	B	S	L	S	Wednesday	B	S	L	S	Thursday	B	S	L	S	Friday	B	S	L	S
Children					Children					Children					Children					Children				
Adults					Adults					Adults					Adults					Adults				

