Community Action of Southeast Iowa Head Start & Early Head Start Menu

Classroom Number: **Date:**

A		Monday	Tuesday	Wednesday	Thursday	Friday
		Freezer Temp	Freezer Temp	Freezer Temp	Freezer Temp	Freezer Temp
		Refrigerator Temp	Refrigerator Temp	Refrigerator Temp	Refrigerator Temp	Refrigerator Temp
Breakfast	M/MA			Ham		Scrambled Eggs with Cheddar Cheese
	Grain	WG Raisin Toast	WG French Toast Sticks		Banana Bread	
	Fruit	Pears	Mixed Berries		Strawberries	Blueberries
	Veg			Hash browns		
	Milk	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%
AM Snack	Comp 1	WG Raisin Toast	WG French Toast Sticks	Ham	Banana Bread	Scrambled Eggs with Cheddar Cheese
	Comp 2	Pears	Mixed Berries	Hash brown	Ages 1: Whole/ Ages 2-5: 1%	Blueberries
Lunch	M/MA	Sliced Turkey	BBQ Chicken	Hamburger (in Pasta)	Tuna Salad	Meatloaf
	Grain	WG Bread	WG Spiral Pasta	WG Pasta	WG Slider Bun	WG Roll
	F/V	Mixed Fruit	Peaches	Sliced Apples	Apricots	Mandarin Oranges
	Veg	Cream of Potato Soup	Broccoli (in Pasta)	Green Beans	Carrot Sticks	Mashed Potato
	Milk	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%	Ages 1: Whole/ Ages 2-5: 1%
	Other					
PM Snack	Comp 1	Yogurt	Bread Stick	WG Goldfish Crackers	Graham Cracker	Cinnamon Crisps
	Comp 2	Cheerios	Ages 1: Whole/ Ages 2-5: 1%	V8 100% Juice	Pumpkin Puff	Ages 1: Whole/ Ages 2-5: 1%

Meals Served	Monday				Tuesday				Wednesday				Thursday				Friday			
	B	S	L	S	B	S	L	S	B	S	L	S	B	S	L	S	B	S	L	S
Infants																				
Children Under 2																				
Children 2-5 yrs.																				
Adults																				

Community Action of Southeast Iowa Head Start & Early Head Start Menu

Classroom Number: **Date:**

Menu Notes:
*Snack consists of 2 of the 5 components.
*Meat and Meat Alternatives may be served in place of the entire grain component at breakfast a maximum of three times per week.
*The fruit component at lunch may be substituted by an additional vegetable.
*1 oz Scoop= 1/8 Cup
*2 oz Scoop= 1/4 Cup
*4 oz Scoop= 1/2 Cup

Menu Substitutions		
Name of Child	Substitution(s) Made	Reason