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

Classroom Number: **Date:**

B		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	Yogurt				Scrambled Eggs
	Grain		WG Waffles	Pumpkin Muffin	WG Raisin Toast	
	Fruit	Tropical Fruit	Blueberries	Mixed Berries	Apple Sauce	
	Veg					Tater Tots
	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	Yogurt	WG Waffles	Pumpkin Muffin	WG Raisin Toast	Scrambled Eggs
	Comp 2	Tropical Fruit	Blueberries	Ages 1: Whole/ Ages 2-5: 1%	Apple Sauce	Tater Tots
Lunch	M/MA	Hamburger (in Stacker)	Turkey	BBQ Pulled Pork	Chicken Strip	Tuna (in Noodles)
	Grain	WG Bread	WG Bread	WG Slider Bun	WG Breading (on chiceken)	WG Noodles
	F/V	Sliced Apples	Mangos	Mandarin Orange	Pears	Strawberries
	Veg	Hash Brown (in Stacker)	Broccoli Cheese Soup	Green Beans	Carrots	Peas
	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	Cottage Cheese	Graham Crackers	WG Animal Crackers	Cereal Mix	Club Crackers
	Comp 2	Pineapple	Yoplait Simply Go-Gurt	Banana	V8 Juice	String Cheese

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																				

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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