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

Classroom Number: **Date:**

C		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					Cheesy Scrambled Eggs
	Grain	Puffed Cereal	Muffin	Oatmeal	WG French Toast Stick	
	Fruit	Banana	Peaches	Mixed Berries	Apple Sauce	
	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	Puffed Cereal	Muffin	Oatmeal	WG French Toast Stick	Cheesy Scrambled Eggs
	Comp 2	Banana	Ages 1: Whole/ Ages 2-5: 1%	Mixed Berries	Apple Sauce	Hash Browns
Lunch	M/MA	Ham & Cheese (in bread)	Salisbury Steak	Chicken (in Ramen)	Hamburger (in Taco)	Fish Fillet
	Grain	WG Bread	WG Roll	WG Spaghetti (in Ramen)	WG Tortilla	WG Breading on Fish
	F/V	Mango	Strawberries	Orange Slices	Blueberries	Mandarin Orange
	Veg	Broccoli Bites	Mashed Potato	Broccoli & Edamame (in Ramen)	Tomatoes	Peas & Carrots
	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				Lettuce/ Cheese Toppers	
PM Snack	Comp 1	Cucumber Slices	WG Soft Pretzel	Graham Cracker	WG Bread Stick	Teddy Grahams
	Comp 2	Cheddar Cheese Cubes	Ages 1: Whole/ Ages 2-5: 1%	Pumpkin Puff	Ages 1: Whole/ Ages 2-5: 1%	V8 100% Juice

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