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

Classroom Number: **Date:**

D		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	
	Grain	WG Waffle	Multi Grain Cheerios	Muffin	(WG Granola as Topping)	WG Toast
	Fruit	Apple Sauce	Banana	Pears	Mixed Berries	Peaches
	Veg					
	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 Waffle	Multi Grain Cheerios	Muffin	Yogurt	WG Toast
	Comp 2	Apple Sauce	Banana	Pears	Mixed Berries	Peaches
Lunch	M/MA	Chicken (in Noodles)	BBQ Beef	Chicken (in Taco)	Hamburger (in noodles)	Chicken Strip
	Grain	WG Noodles	WG Bread	WG Tortilla	WG Spaghetti	WG Breading on Chicken
	F/V	Apricots	Sliced Apples	Tropical Fruit	Mandarin Orange	Apple Sauce
	Veg	Carrots	Green Beans	Black Beans	Broccoli	Corn
	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	String Cheese	Cinnamon Crisps	Sun Chips	Teddy Grahams	Club Cracker
	Comp 2	Club Crackers	Ages 1: Whole/ Ages 2-5: 1%	Apple Juice	Ages 1: Whole/ Ages 2-5: 1%	Cheddar Cheese Slice

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