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

Classroom Number: **Date:**

E		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			Scrambled Eggs		
	Grain	Life Cereal	WG Toast		Muffins	WG Biscuit
	Fruit	Banana	Pears		Peaches	Mixed Berries
	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	Life Cereal	WG Toast	Scrambled Eggs	Muffin	WG Biscuit
	Comp 2	Banana	Pears	Hash Browns	Ages 1: Whole/ Ages 2-5: 1%	Mixed Berries
Lunch	M/MA	Sloppy Joe Hamburger	Chicken Alfredo	Hamburger	Ham & Cheese (in pasta)	Fish Sticks
	Grain	WG Bun	WG Spiral Pasta	WG Bun	WG Macaroni	WG Fish Stick Breading
	F/V	Apple Sauce	Strawberries	Tropical Fruit	Blueberries	Mango
	Veg	Roasted Cauliflower	Asparagus	Baked Beans	California Blend Veggies	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	Club Crackers	WG Graham Crackers	Baked Apple with Oats	Yogurt	WG Goldfish Crackers
	Comp 2	Cheddar Cheese Slices	100% Apple Juice	Ages 1: Whole/ Ages 2-5: 1%	Pineapple	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