

2020 Head Start & Early Head Start In Class & Virtual Learning Fall Menu					
Week 1					
(Aug 31 - Sept 4) (Sept 14 -18) (Sept 28 - Oct 2) (Oct 12-16) (Oct 26-30)					
CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint
Grain/ Meat	*WG Biscuit - 1 each 32g /1 oz eq	Cheerios – 1 oz bowl 28g/ 1 oz eq	Mini Bagel - 1 each 25.5g/ 1 oz eq	*WG Mini French Toast 1 - 2.64 oz pkg 75g/1 oz eq	Multigrain Cinnamon Cornflakes – 1 oz bowl 28g/ 1 oz eq
Fruit/Vegetable	Mandarin Oranges 1/2 cup	Whole Banana 1 each 1/2 cup eq	Strawberries 1/2 cup	Mango Peach Applesauce 1 (4.5oz) cup	Diced Pear Fruit 1/2 cup
Other	Turkey Sausage Patty 1 each		Low Fat Cream Cheese		
<b>Lunch</b>					
Milk	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint
Meat/Meat Alt	<b>Cheeseburger (1 Whole Cheeseburger)</b> 3.2 oz Hamburger Patty Cheese, Mayo, Lettuce, Tomato, and Pickle	<b>#Chicken Fajitas</b> 2 oz Chicken Fajita CN # 087456	<b>Fish Nuggets (CN)(Fe)-</b> 4 - 1 oz Fish Nuggets CN # 096821 w/ Tartar Sauce, Ketchup, and/or Mustard	<b>Chicken Patty Sandwich (1 Whole Sandwich)</b> 3.05 oz Chicken Patty Mayo, Ketchup, Mustard	<b>Turkey Breast and Cheese Sandwich (1 Whole Sandwich)</b> 1 oz Sliced Turkey .5 oz Sliced Cheese Mavo
Grain	*WG Whole Wheat Bun 1 each 57g/2 oz eq	*WG Wheat Tortilla 1 each 1oz eq/30g	Grain in Fish Nuggets CN 096821	*WG Whole Wheat Bun 1 each 57g/2 oz eq	*WG Whole Wheat Bread 2 slices 56gm/2 oz eq
Vegetable	Lettuce & Tomatoes (C) 1/2 cup	Chuckwagon Corn 1/4 cup	Steamed Broccoli 1/4 cup	Baked Tater Tots- ¼ cup	Baby Carrots 1/2 cup
Fruit/Vegetable	Baked Beans (Fe) 1/4 cup	Peaches 1/2 cup	Emoticon Fries - 5 1/4 cup eq	Tropical Fruit Cup 1/2 cup	Fresh Whole Orange 1 each/ 1/2 c eq
<b>Snack</b>					
Component #1	Goldfish Crackers 1 (1oz) bag 28g/1 oz eq	Salsa 1 (3oz) portion cup 1/2 cup eq	Vanilla Yogurt 1(4oz) cup	Apple Slices - 1/2 cup	String Cheese Stick - 1 (1 oz) stick
Component #2	Milk - 1/2 pint	Tortilla Scoops Chips 1 (0.875 oz) bag 24.8g/ 1.25 oz eq	*WG Graham Crackers- 2 packages (28 g/ 1 oz eq)	Peanut Butter 1 (3/4 oz) portion cup	Emoji Ice Cup 1 (4oz) cup

\*Water must be served with all meals and snacks\*

This menu provides a rich source of several nutrients, as noted: (WG) Whole Grain Source; (Fe) Iron source; (A) Vitamin A source; (C) Vitamin C source

# HSGD Recipe; CN - Child Nutrition Label on File  
Menu subject to change based on product availability.

\*Whole Milk for children <2; Skim Milk for children >2

Created By: Shonika Kwarteng MBA, RD, LD  
Child Nutrition Director  
10/1/2020

## 2020 Head Start & Early Head Start In Class & Virtual Learning Fall Menu

### Week 2

**(Sept 7 - 11) (Sept 21 - 25) (Oct 5 - 9) (Oct 19-23)**

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint
Grain/ Meat	*WG Blueberry Bagel 1 - 2 oz bag	*Cinnamon Toast Crunch Cereal Bowl (RS) 28g/1 oz eq	*WG Mini Pancakes Maple 1 - 3.02 oz bag	*WG Raisin Toast 1 slice 28g/1 oz eq	*WG Multigrain Cheerios Bowl 28g/1 oz eq
Fruit/Vegetable	Fresh Whole Pear 1 each 1/2 cup eq	Whole Banana 1 each 1/2 cup eq	Mangoes ½ cup	Mandarin Oranges 1 (4oz) cup	Tropical Fruit 1/2 cup
Other	Low Fat Cream Cheese		Syrup	Low Fat Cream Cheese	Turkey Sausage Patty 1 each
<b>Lunch</b>					
Milk	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint	Milk - 1/2 pint
Meat/Meat Alt	<b>Chicken Tenders (CN)</b> 3 Chicken Tenders CN -100103	<b>Beef Taco (Fe)</b> 2 oz. Ground Beef w/ Cheese, Picante Sauce Packet, Sour Cream	<b>Fish Crispie (CN)(Fe)-</b> 3 oz Fish Patty CN # 418317	<b>#Ground Beef and Macaroni</b> 1.5 oz. Ground Beef (Serve 1/2 cup)	<b>Cheese Pizza (Fe)</b> 2 oz. Meat Equivalent CN # 069623 (Serve 1 serving)
Grain	Grain in Chicken Tenders CN -100103	*WG Wheat Tortilla 1 each 1oz eq/30g	*WG Whole Wheat Bun 1 each 57g/2 oz eq	Macaroni (in recipe) 1/4 cup/ .5 oz. eq	Grain in Cheese Pizza CN # 069623
Vegetable	Mixed Vegetables (A&C) 1/4 cup	Lettuce & Tomatoes (C) 1/2 cup	Coleslaw (C ) 1/2 cup	French Green Beans 1/4 cup	Kale, Spinach & Tomato (A&C) Salad - 1/2 cup & Italian Dressing packet
Fruit/Vegetable	Mashed Potatoes ( C ) 1/2 cup	Pineapples 1/2 cup	Diced Peaches 1/2 cup	Mixed Fruit 1/2 cup	Fresh Whole Orange (1 each) (1/2 cup eq)
<b>Snack</b>					
Component #1	Chocolate Bear Graham 1 (1 oz.) bag 28g/1 oz. eq	WG Cheeze It 1 (.75 oz) bag 28g/1 oz. eq	*WG Soft Pretzel- 1 each 28g/1 oz eq	Cheddar Cheese Cubes 1 oz (4 cubes)	Mango Caliente Ice Cup 1 (4.4 oz) cup
Component #2	Milk - 1/2 pint	Apple Slices - 1 (2oz) bag 1/2 cup eq	Marinara Sauce 1 (2.5 oz) dipping cup	Goldfish Pretzels 1 (.75oz) bag 21g/ 1 oz eq	Giant Cinnamon Graham Goldfish - 1 (0.9 oz bag 25g/1 oz eq

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