

**2020 - 2021 Head Start & Early Head Start In Class & Virtual Learning Menu**
**Week 1**

(Aug 31 - Sept 4) (Sept 14 - 18) (Sept 28 - Oct 2) (Oct 12-16) (Oct 26-30) (Nov 23 - Nov 27)(Jan 4 - 8)(Feb 1-5)(Mar 1-5)(Apr 5-9)(May 3-7)

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 (1.1 oz) each (1 oz eq)	Cheerios – 1 oz bowl (1 oz eq)	Mini Bagel 1 (0.9 oz) each (3/4 oz eq)	*WG Mini French Toast 1 (2.64 oz) pkg (1 oz eq)	Multigrain Cinnamon Cornflakes – 1 oz bowl (1 oz eq)
Fruit/Vegetable	Mandarin Oranges 1/2 cup	Whole Banana 1 each (1/2 cup fruit 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</b> (1 Whole Cheeseburger) 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</b> (1 Whole Sandwich) 3.05 oz Chicken Patty Mayo, Ketchup, Mustard	<b>Turkey Breast and Cheese</b> <b>Sandwich</b> (1 Whole Sandwich) 1 oz Sliced Turkey .5 oz Sliced Cheese Mayo
Grain	*WG Whole Wheat Bun 1 (2 oz) bun (2 oz eq)	*WG Wheat Tortilla 1 (1.1 oz) tortilla (1oz eq)	Grain in Fish Nuggets CN 096821	*WG Whole Wheat Bun 1 (2 oz) bun (2 oz eq)	*WG Whole Wheat Bread 2 (1 oz) slices (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 1/4 cup	Emoticon Fries - 5 1/4 cup eq	Tropical Fruit Cup 1/4 cup	Fresh Whole Orange 1 each (1/2 c fruit eq)
<b>Snack</b>					
Component #1	Goldfish Crackers 1 (1oz) bag (1 3/4 oz eq)	Salsa 1 (3oz) portion cup (1/2 cup vegetable eq)	Vanilla Yogurt 1(4oz) cup	Apple Slices - 4 slices (1/2 apple = 1/2 cup fruit eq)	String Cheese Stick 1 (1 oz) stick
Component #2	Milk - 1/2 pint	Tortilla Scoops Chips 1 (0.875 oz) bag (3/4 oz eq)	*WG Graham Crackers 2 (.5 oz) packages (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 &lt;2; Skim Milk for children &gt;2

Created By: Shonika Kwarteng MBA, RD, LD  
Child Nutrition Director

1/5/2021

2020 - 2021 Head Start & Early Head Start In Class & Virtual Learning Menu					
Week 2					
(Sept 7 - 11) (Sept 21 - 25) (Oct 5 - 9) (Oct 19-23) (Nov 2 -6) (Nov 30 - Dec 4) (Jan 11-15)(Feb 8-12)(Mar 8-12)(Apr 12-16)(May 10-14)					
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) each (2 oz eq)	*Cinnamon Toast Crunch Cereal (RS) - 1oz bowl (1 oz eq)	*WG Mini Pancakes Maple 1 (3.02 oz) bag ( 2 1/2 oz eq)	*WG Raisin Toast 1 (1 oz) slice (1 oz eq)	*WG Multigrain Cheerios 1 oz bowl (1 oz eq)
Fruit/Vegetable	Fresh Whole Pear 1 each (1/2 cup fruit eq)	Whole Banana 1 each (1/2 cup fruit eq)	Mangoes ½ cup	Mandarin Oranges 1/2 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 (1.1 oz )tortilla (1oz eq)	*WG Whole Wheat Bun 1 (2 oz) bun (2 oz eq)	Macaroni (in recipe) (1/4 cup)	Grain in Cheese Pizza CN # 069623
Vegetable	Mixed Vegetables (A&C) 1/4 cup	Lettuce & Tomatoes (C) 1/2 cup	Coleslaw (C ) 1/4 cup	French Green Beans 1/4 cup	Kale, Spinach & Tomato (A&C) Salad - 1/2 cup & Italian Dressing packet
Fruit/Vegetable	Mashed Potatoes ( C ) 1/4 cup	Pineapples 1/4 cup	Diced Peaches 1/4 cup	Mixed Fruit 1/4 cup	Fresh Whole Orange (1 each) (1/2 cup fruit eq)
<b>Snack</b>					
Component #1	Chocolate Bear Graham 1 (1 oz) bag (1 oz eq)	WG Cheeze It 1 (.75 oz) bag (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 - 4 slices (1/2 apple = 1/2 cup fruit eq)	Marinara Sauce 1 (2.5 oz) dipping cup (1/2 cup vegetable eq)	Goldfish Pretzels 1 (.75oz) bag (1 oz eq)	Giant Cinnamon Graham Goldfish - 1 (0.9 oz) bag 3/4 oz eq)

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Week 3

(Nov 9 -13) (Dec 7 -11)(Jan 18-22)(Feb 15-19)(Mar 22-26)(Apr 19-23)(May 17-21)

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 (1.1 oz) each (1 oz eq)	*WG Kix Cereal 1.25 cups/1.1 oz (1 oz eq)	<b>Cheese Toast</b> *WG Whole Wheat Bread 1 (1 oz) slice (1 oz eq)	<b>Bean Burrito</b> *WG Wheat Tortilla 1(1 oz) each (1oz eq)	*WG French Toast Stick- 2 (1.2 oz) sticks (1 oz eq)
Fruit/Vegetable	Mango Peach Applesauce 1 (4.5oz) cup	Pears ½ cup	Strawberries - 1/2 cup	Fresh Whole Orange 1 each (1/2 c fruit eq)	Mixed Fruit - 1/2 cup
Other	Turkey Bacon 1 slice		American Cheese 1 slice	<b>#Refried Beans</b> - 1/3 cup	Syrup
<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>#Sloppy Joe on Roll</b> (A, C, Fe) 2 oz Ground Beef	<b>#Macaroni and Cheese</b> 2 oz Cheese	<b>#Barbecued Chicken</b> 1 Chicken Thigh (1.5 oz meat)	<b>#Tuna Salad</b> 2 oz Tuna	<b>#"Make My Own" Walking Taco (Fe)</b> 1.5 oz Ground Beef
Grain	*WG Whole Wheat Bun 1 (2 oz) bun (2 oz eq)	Macaroni (in recipe) (1/4 cup)	*WG Wheat Roll 1 (1 oz ) roll (1 oz eq)	*WG Star Bread 2 (1 oz) slices (2 oz eq)	*WG Sun Chips Harvest Cheddar 1 (1 oz) bag (3/4 oz eq)
Vegetable	Baked Tater Tots- ¼ cup	Spinach (A,C, Fe) - ¼ cup	Winter Blend Vegetables 1/4 cup	Sweet Potato Fries w/Ketchup (A) 1/4 cup	Cucumber Slices (A) 1/4 cup (3-4 Slices)
Fruit/Vegetable	Tomato Paste (in recipe) 1 Tbsp; 1/4 cup veg eq	Mandarin Oranges (C) ¼ cup	Baked Beans (Fe) 1/4 cup	Kiwi (C) (1 whole; cut in half) (1/4 c fruit eq)	Pineapples (C ) 1/4 cup
<b>Snack</b>					
		<b>HSGD Lunchable</b>	<b>#Yogurt Fruit Dip (C )</b>		
Component #1	*WG Blueberry Muffin 1 (1.9oz) muffin (1 oz eq)	Sliced Turkey - .5 oz	Vanilla Yogurt 1/4 cup	Vanilla Graham Chatsnax 1(1oz) bag (1 oz eq)	Baked Chips 1 (.875 oz) bag (1 oz eq)
Component #2	Milk - 1/2 pint	*WG Saltine Crackers 2 (.2g) pkg (4 crackers) (.5 oz eq)	*WG Graham Crackers 2 (.5 oz) packages (1 oz eq)	Mango Peach Applesauce 1 (4.5oz) cup	Cheddar Cheese 1 (3 oz) Dip Cup (1 oz meat equivalent)
Other		American Cheese - .5 oz	Diced Peaches - 1/4 cup (in recipe)		

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Week 4

(Nov 16 -20) (Dec 14 -18) (Jan 25-29)(Feb 22-26)(Mar 29- Apr 2)(Apr 26-30)(May 24-28)

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 Buttered WW Toast 1 (1 oz) whole wheat slice (1 oz eq)	Rice Crispies Cereal 1.25 cups/1.2 oz (1 oz eq)	Turkey Bacon, Cheese, Potato Breakfast Taco *WG Wheat Tortilla 1(1 oz) each (1oz eq)	*Cinnamon Toast Crunch Cereal (RS) - 1oz bowl (1 oz eq)	*WG Waffles – 1 each 26.4g/1 oz eq
Fruit/Vegetable	Strawberries (C ) ½ cup	Tropical Fruit 1/2 cup	Potatoes - 1/2 cup	Blueberries - 1/2 cup	Fresh Whole Orange (1 each) (1/2 cup fruit eq)
Other	Turkey Sausage – 1 each		Turkey Bacon - 1 Slice 1/2 oz. Shredded Cheese; Picante Sauce		
<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	# Chic, Penne (Fe) 1.5 oz. Chicken Breast	#Chili Con Carne 1.5 oz. Ground Beef	#"Chipotle" Bowl 1.5 oz. Chicken Breast	#Spaghetti and Meat Sauce 1.5 oz Ground Beef	Chicken Taco To Go 2 oz Chicken Fajita CN # 087456
Grain	*WG Penne Noodle (in recipe) (1/4 cup)	*WG Frito Chips 1 oz (1 oz eq)	Cilantro Rice 1/4 cup	*WG Spaghetti Noodles (in recipe) (1/4 cup)	Tortilla Scoops Chips 1 (0.875 oz) bag 24.8g/ 1.25 oz eq
Vegetable	Broccoli (A) (in recipe) ¼ cup	Diced Tomatoes (in recipe) 1/4 cup	Corn & Black Bean Fiesta 1/4 cup	French Green Beans 1/4 cup	Corn Roasted & Black Bean Fiesta 1/4 cup
Fruit/Vegetable	Fresh Watermelon (C ) 1/4 cup	Apple Slices - 2 slices (1/4 apple = 1/4 cup fruit eq)	Tropical Fruit (A&C) ¼ cup	Honeydew (melon) ¼ cup	Pineapples (C ) - 1/4 cup
<b>Snack</b>					
		*WG Vegetable Egg Roll 1 (3 oz) roll	<b>PB&amp;J</b> (1/2 sandwich)		Pizza Cheese Quesadilla CN - 086695 (1/2 quesadilla triangle)
Component #1	Bug Bites Graham Crackers 1(1oz) bag (1 oz eq)	1 oz Grain Equivalent (in eggroll)	*WG Whole Wheat Bread 1 (1oz) Slice (1 oz eq)	Apricot Halves 1/2 cup	Grain in Quesadilla CN - 086695
Component #2	Milk - 1/2 pint	1/2 cup Vegetable Equivalent (in eggroll)	Peanut Butter - 1 Tbsp	Cottage Cheese - 1/4 cup	Meat Alternate in Quesadilla CN -086695
Other		Sweet and Sour Sauce (for dipping)	Grape Jelly - 1 Tbsp		

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