

## 2024-2025 Early Head Start Menu (Ages 12-36 months)

### Week 6

(Sep 16-20)(Oct 28 - Nov 1)(Dec 16-20)(Feb 10-14)(Mar 31-Apr 4)(May 12-16)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	*WG French Toast Stick 2 sticks 1 oz/1 oz eq	*WG Oatmeal - 1/4 cup .5 oz/ .5 oz eq	*WG Cheerios – 1/2 cup .5 oz/.5 oz eq	Bagel - 1/2 each .5 oz/ .5 oz eq	<b>#Cinnamon Toast</b> *WG Whole Wheat Bread 1/2 Slice 1/2 oz/ 1/2 oz eq
Fruit/Vegetable	Mix Fruits 1/4 cup	Strawberries Diced (C) 1/4 cup	Banana Sliced- 1/4 cup (1/2 whole banana)	Tropical Fruit (A&C)Chopped 1/2 cup	Pineapples Tidbits (C) 1/4 cup
Other	Turkey Sausage – 1 each (cut into bite-sized pieces)			Scrambled Egg-1/4 cup	
<b>Lunch</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	<b>#Barbecue Beef on a Bun</b> 1 oz Beef	<b>WG Quesadilla Chicken &amp; Cheese</b> 2 oz Meat Equivalent CN # 093145	<b>Fish Nuggets (CN)(Fe)-</b> 3 - 1 oz Fish Nuggets CN # 096821 w/ Ketchup, and/or Mustard	<b>#Ground Beef and Macaroni</b> 1 oz Ground Beef	<b>#Sweet &amp; Sour Chicken</b> 1/2 Chicken Thigh (1 oz meat, removemeat from bone)
Grain	*WG Slider Bun 1 each 1 oz/1 oz eq	Grain in Quesadilla Chicken & Cheese CN # 069623	Grain in Fish Nuggets CN 096821	Macaroni (in recipe) 1/4 cup (.5 oz/ .5 oz eq)	*WG Brown Rice 1/4 cup (.5 oz/.5 oz eq)
Vegetable	Green Beans- 1/8 cup	Corn & Black Bean Fiesta 1/8 cup	Steamed Broccoli (Chopped) 1/8 cup	Tomato Paste (in recipe) 1 Tbsp; 1/4 cup eq	Green Peas (A) 1/8 cup
Fruit/Vegetable	Mandarin Oranges (C)- 1/8 cup	Fresh Apples Diced 1/4 cup (1/4 apples)	Emoticon Fries - 5 1/4 cup eq	Diced Pears 1/8 cup	Mangoes Diced 1/8 cup
<b>Snack</b>					
	<b># Blueberry Vanilla Parfait</b>				<b># Caprese Bruschetta</b>
Component #1	Vanilla Yogurt - 1/4 cup	Cheddar Cheese Cubes 1 oz; 4 cubes	Skim Milk - 1/2 cup	WG Wheat Tortilla (Cut into triangles, lightly crisped) 1/2 each (.5 oz/.5 oz eq)	Baguette French Bread 1/2 slices (1 oz/ 1 oz eq)
Component #2	Blueberries - 1/2 cup	Animal Crackers 1 oz / 1 oz eq	Tiger Bites Cinnamon Graham 1 (1 oz) bag	Cheddar Cheese (Warm) 3 oz Dip Cup	Tomatoes Fresh Diced 1/2 cup
Other	Graham Crackers Crushed 1 Tbsp				

\*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: Irma Medina RD, LD  
HSGD Registered Dietitian  
6/11/2024

**2024-2025 Early Head Start Menu (Ages 12-36 months)**

**Week 5**

**(Sep 9-13)(Oct 21-25)(Dec 9-13)(Feb 3-7)(Mar 24-28)(May 5-9)**

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	<b>#Cheese Grits</b> - 1/4 cup 1 oz/1.25 oz eq	*WG Bagel Blueberry 1/2 bagel (1 oz/1 oz eq)	WG Waffles 1/2 each .5 oz/.5 oz eq	*Cinnamon Toast Crunch Cereal Bowl (RS) 1 oz/1 oz eq	*Egg, Cheese, Potato Breakfast Taco *WG Wheat Tortilla- 1/2 each (.5oz/.5 oz eq)
Fruit/Vegetable	Diced Peaches(A) 1/4 cup	Mandarin Oranges 1/4 cup	Blueberries - 1/4 cup	Tropical Fruit Chopped 1/4 cup	Potatoes Diced- 1/4 cup
Other	Turkey Bacon- 1 Slice	Spread Light Cream Cheese Cup	Syrup-1 Tbsp		Scrambled Egg-1/4 cup; 1/2 oz Shredded Cheese; Picante Sauce
<b>Lunch</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	<b>#Arroz con Pollo</b> 1 oz Chicken Tenderloin	<b>Beef Taco (Fe)</b> 1 oz Ground Beef Cheese & Salsa	<b># Oven Baked Fish</b> 1/2 of 3 oz Tilapia Fish Fillet	<b># Chicken Tetrazzini</b> 1 oz Chicken Diced	<b>Cheese Pizza (Fe)</b> 1 oz Meat Equivalent CN # 069623 (Serve 1 serving)
Grain	*WG Brown Rice ¼ cup (.5 oz/.5 oz eq)	*WG Wheat Tortilla 1 each (1 oz/ 1oz eq)	*WG Cornbread 1 oz/1 oz eq	*WG Spaghetti Noodle (in recipe) 1/4 cup (.5 oz/.5 oz eq)	Grain in Cheese Pizza CN # 069623
Vegetable	Tomatoes Sauce (in recipe) 1/4 cup	Lettuce & Tomatoes (C) 1/4 cup	Steamed Broccoli 1/8 cup	Green Peas (A) 1/8 cup	Cut Green Beans 1/8 cup
Fruit/Vegetable	Fresh Pear Diced 1/4 cup (1/4 pear)	Pineapples Tidbits (C ) 1/8 cup	Cantaloupe 1/8 cup	Dragon Fruit Diced 1/8 cup	Fresh Orange (1/4 cup slices)
<b>Snack</b>					
			<b>Charcuterie Plate</b>	<b># Peachrich Smoothies</b>	
Component #1	Scooby-Doo Graham Crackers Sticks 1 bag 1 oz/1 oz eq	Sun Butter - 1 Tbsp	Fresh Apples Slices 1/4 cup (1/4 apples)& Cucumber Cubes 1/4 cup	Vanilla Yogurt - 2 oz	Milk - 1/2 cup
Component #2	Emoji Ice Cup 1 (4 oz) cup	Ritz Crackers – 5 each 1 oz/.75 oz eq	Goldfish Pretzels 1 pkg 1 oz/.75 oz eq	Peaches diced frozen 1/2 cup	Frozen Strawberries ( C ) 1/2 cup
Other			Cheddar Cheese Cubes .5 oz; 2 cubes	<b>NOTE: Serve a 6 oz cup for each portion</b>	

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**2024-2025 Early Head Start Menu (Ages 12-36 months)**

**Week 4**

**(Sep 3-6)(Oct 15-18)(Dec 2-6)(Jan 27- 31)(Mar 17-21)(Apr 28-May 1)**

CAFCP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	Bacon & Egg Biscuit Sandwich WG Biscuit-1each 1 oz/ 1 oz eq	Rice Krispies Cereal 3/4 cup .5 oz/.5 oz eq	<b>Cheese Toast</b> *WG Whole Wheat Bread 1/2 slice (.5 oz/.5 oz eq)	*WG Pancakes - 1 each 1.3 oz/1 oz eq	*WG Oatmeal - 1/4 cup .5 oz/ .5 oz eq
Fruit/Vegetable	Pineapples Tidbits (C) 1/4 cup	Mango Peach Applesauce 1 (4.5oz) cup	Fresh Apples Diced 1/4 cup (1/4 apples)	Strawberries Slices (C) 1/4 cup	Fresh Orange Slices 1/4 cup (1/2 whole orange)
Other	Egg Patties-1 each Turkey Bacon- 1 slice		American Cheese 1/2 slice	Turkey Sausage – 1 each (cut into bite-sized pieces)	
<b>Lunch</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	<b>#Macaroni and Cheese</b> 1 oz Cheese	<b>#Sloppy Joe on Roll</b> (A, C, Fe) 1 oz Ground Beef	Tortilla with Diced Chicken 1 oz Diced Chicken	<b>#Easy Chicken and Egg Noodle Soup</b> 1.5 oz Chicken Breast (1.5 oz meat)	<b>#Teriyaki Chicken</b> 1/2 Chicken Thigh (1 oz meat, removemeat from bone)
Grain	*WG Macaroni (in recipe) 1/4 cup (.5 oz/ .5 oz eq)	*WG Slider Bun 1 each 1 oz/1 oz eq	*WG Wheat Tortilla 1 each (1 oz/ 1oz eq)	(WG) Wheat Roll-1 each 1 oz/1 oz eq	*WG Brown Rice 1/4 cup (.5 oz/.5 oz eq)
Vegetable	Spinach (A,C, Fe) - 1/8 cup	Baked Tater Tots 1/8 cup	Pinto Beans 1/4 cup (in recipe)	Spinach & Cabbage (in recipe) 1/4 cup	Italian Green Beans - 1/8 cup
Fruit/Vegetable	Tropical Fruit Chopped 1/4 cup	Mix Fruits 1/8 cup	<b>#Pico de Gallo (C)</b> 1/4 cup	Mandarin Oranges (C) 1/8 cup	Fresh Pear Diced 1/4 cup (1/4 pear)
<b>Snack</b>					
		Pizza Cheese Quesadilla CN - 086695 (1/2 quesadilla triangle)	<b>#Yogurt Fruit Dip (C)</b>		
Component #1	*WG Blueberry Muffin - 1.9oz/1 oz eq	Grain in Quesadilla CN - 086695	Vanilla Yogurt 1/4 cup	Milk - 1/2 cup	Vanilla Graham Chatsnax 1(1oz) bag / 1 oz eq
Component #2	Milk - 1/2 cup	Meat Alternate in Quesadilla CN -086695	*WG Graham Crackers- 2 packages ( 1 oz/1 oz eq)	Applesauce-Cherries Cup 1 (4.5 oz) cup	Colby and Monterey Jack Cheese Cubes 1 oz (4cubes)
Other			Diced Peaches - 1/4 cup (in recipe)		

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## 2024-2025 Early Head Start Menu (Ages 12-36 months)

### Week 3

(Aug 26-30)(Oct 7-9)(Nov 18-22)(Jan 21-24)(Mar 3-7)(Apr 22-25)(Jun 2-6)(Jun 23-27)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	Egg Toast Bread *WG Whole Wheat Bread 1/2 Slice .5 oz/ .5 oz eq	*WG French Toast Stick 2 sticks 2 oz/2 oz eq	WG Waffles 1/2 each .5 oz/.5 oz eq	Cereal Cinnamon Chex Rice Bowl - 1 oz/1 oz eq	<b>*WG #Baked Cheese Grits</b> 1/4 cup (1 oz/ 1.25 oz eq)
Fruit/Vegetable	Fresh Pear Diced 1/4 cup (1/4 pear)	Tropical Fruit Chopped 1/4 cup	Fresh Orange Slices 1/4 cup (1/2 whole orange)	Banana Sliced- 1/4 cup (1/2 whole banana)	Diced Peaches 1/4 cup
Other	Scrambled Egg-1/4 cup;				
<b>Lunch</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	<b>Chicken Nuggets(CN)</b> 3 Chicken Nuggets CN -096504 Ketchup	<b>#Chili Con Carne</b> 1 oz. Ground Beef	<b>#Smothered Beef Tips (Fe)</b> 1 oz Beef Stew Meat	<b>Turkey Burger</b> 1/2 of 5.33 oz Turkey Patty w/ Cheese, Mayo, and Pickle	<b>#Baked Tilapia Fish Fillet</b> 1/2 of 3 oz Tilapia Fish Fillet
Grain	Grain in Chicken Nuggets CN -096504	*WG Saltine Crackers 2 packages (4 crackers) .5 oz/.75 oz eq	*WG Brown Rice ¼ cup (.5 oz/ .5 oz eq)	*WG Whole Wheat Bun 1/2 each 1 oz/1 oz eq	<b>#Spanish Rice with Salsa</b> 1/4 cup (.5 oz/ .5 oz eq)
Vegetable	Mixed Vegetables (A&C) 1/8 cup	Diced Tomatoes (in recipe) 1/4 cup	Diced Carrot (A) 1/4 cup	Green Beans- 1/8 cup	<b>#Roasted Brussels Sprouts (A)</b> 1/8 cup (cut into quarters)
Fruit/Vegetable	<b># Mashed Potatoes w/ Brown Gravy</b> 1/8 cup	Fresh Apple Diced 1/4 cup (1/4 apples)	Pineapples Tidbits (C ) 1/8 cup	Mix Fruits 1/8 cup	Diced Pears (can) 1/8 cup
<b>Snack</b>					
	<b>#Strawberry Melon Salad</b>		<b>HSGD Lunchable</b>	<b>Flower Snack Plate</b>	
Component #1	Low Fat Vanilla Yogurt 2 oz	Milk - 1/2 cup	Sliced Turkey - .5 oz (mayo, mustard)	String Cheese Stick - 1 oz	WG Cheeze It 1 oz/ 1 oz eq
Component #2	Honeydew Melon Diced- 1/4 cup Strawberries Diced-1/4 cup	Bug Bites Graham Crackers 1 (1oz) bag 1 oz eq	*WG Slider Bun 1 each 1 oz/1 oz eq	Strawberries Slices-1/4 cup Kiwi Slices - 1/4 cup	Applesauce-1/2 cup
Other			American Cheese - .5 oz		

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## 2024-2025 Early Head Start Menu (Ages 12-36 months)

### Week 2

(Aug 19-23)(Sep 30-Oct 4)(Nov 11-15)(Jan 13-17)(Feb 24-28)(Apr 14-17)(May 29-30)(Jun 16-18; 20)(Jun 7-11)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	*WG Buttered WW Toast 1/2 Slice .5 oz/.5 oz eq	<b>#Creamy Strawberry Peach Waffles Parfait</b> (1/2 WG Waffles) .5 oz/.5 oz eq	*WG French Toast Stick 2 sticks 2 oz/2 oz eq	*WG Multigrain Cheerios Bowl 1 oz/1 oz eq	*WG Cream of Wheat 1/4 cup .5 oz/.5 oz eq
Fruit/Vegetable	Fresh Pear Diced 1/4 cup (1/4 pear)	Strawberries Diced(C) - 1/8 cup Peach Diced - 1/8 cup	Fresh Apples Diced 1/4 cup (1/4 apples)	Fresh Orange Slices 1/4 cup (1/2 whole orange)	Mixed Berry Cup 1 (4 oz) cup
Other	<b>#Baked Scrambled Egg</b> 1/4 cup	Vanilla Yogurt - 1/4 cup			
<b>Lunch</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	<b>#Spaghetti and Meat Sauce</b> 1 oz Ground Beef	<b>#Barbecued Chicken</b> 1/2 Chicken Thigh (1 oz meat, remove meat from bone)	<b>Fish Crispie (CN)(Fe)-</b> 1/2 of 3 oz Fish Patty CN # 418317 w/ Tartar Sauce, Ketchup, and/or Mustard	<b>#Pinto Beans with Ground Beef (Fe)</b> 1/2 oz Ground Beef 1/4 cup Pinto Beans	<b>#Deli Bento Box</b> Deli Turkey Sliced .5 oz Cheddar Cheese Sliced .5 oz
Grain	*WG Spaghetti Noodles (in recipe) - 1/4 cup .5 oz / .5 oz eq	*WG Whole Wheat Bread 1 slices 1 oz/1 oz eq	*WG Slider Bun 1 each 1 oz/1 oz eq	WG Wheat Tortilla 1 each (1 oz/ 1 oz eq)	*WG Cracker Wheat 2 packages (.5 oz/.5 oz eq)
Vegetable	<b># Ranch Seasoned Fresh Green Beans</b> 1/8 cup	Carrot Sticks (A) - 1/8 cup (3 sticks, cooked soft enough to chew)	Green Peas (A) 1/8 cup	Turnip Greens (A,C, Fe) 1/8 cup	Cucumber Slice - 1/8 cup Tomato Slice - 1/8 cup
Fruit/Vegetable	Mixed Fruit 1/8 cup	Baked Beans (Fe) 1/8 cup	Tropical Fruit Chopped - 1/4 cup	Mangoes 1/8 cup	Watermelon Diced 1/8 cup
<b>Snack</b>					
				<b>#Meatball Slider</b> (A,C, Fe)	<b>#Teddy Bear Smoothie</b>
Component #1	Strawberry Waffle Graham 1 (1 oz) bag 1 oz eq	WG Cheeze It 1 oz/ 1 oz eq	Cheddar Cheese Stick 1 oz	Meatballs - 2 each (.5 oz) CN - 084473	Greek Yogurt - 2 oz
Component #2	Milk - 1/2 cup	Fresh Pear Diced 1/2 cup (1/2 pear)	Ritz Crackers - 5 each 1 oz/.75 oz eq	*WG Slider Bun 1 each 31g/1 oz eq	Strawberries 1/4 cup Banana 1/4 cup
Other					<b>NOTE: Serve a 6 oz cup for each portion</b>

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## 2024-2025 Early Head Start Menu (Ages 12-36 months)

### Week 1

(Aug 12-16)(Sep 23-27)(Nov 4; 6-8)(Jan 7-10)(Feb 18-21)(Apr 7-11)(May 19-23)(Jun 9-13)(Jun 30-Jul 3)

CACFP Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Grain/ Meat	Egg & Cheese Biscuit WG Biscuit-1each 1 oz/ 1 oz eq	<b>Bean Burrito</b> *WG Wheat Tortilla 1/2 each (.5 oz/ .5 oz eq)	*WG Pancakes - 1 each 1.3 oz/1 oz eq	*WG Kix Cereal 3/4 cup .75 oz/1 oz eq	<b>#Cheese Grits-</b> 1/4 cup 1 oz/1.25 oz eq
Fruit/Vegetable	Tropical Fruit Chopped 1/4 cup	Blueberries - 1/4 cup	Diced Peaches(A) 1/4 cup	Banana Sliced- 1/4 cup (1/2 whole banana)	Fresh Orange Slices 1/4 cup (1/2 whole orange)
Other	Egg Patties-1 each; American Cheese 1 slice	<b>#Refried Beans-</b> (Fe) 1/4 cup	Turkey Sausage – 1 each (cut into bite-sized pieces)		
<b>Lunch</b>					
Milk	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup	Milk - 1/2 cup
Meat/Meat Alt	<b>#Chicken and Noodles</b> 1 oz Chicken Diced	<b>Cheeseburger</b> 1/2 of 3.2 oz Hamburger Patty Cheese, Mayo, and Pickle	<b>#Parmesan Chicken Tender</b> 1 oz Chicken Tender	<b>#Beef Picadillo</b> 1 oz Ground Beef	<b>#Baked Cajun Fish Taco</b> 1/2 of 3oz Tilapia Fish Fillet (cut diced)
Grain	Noodles (in recipe) 1/4 cup .5 oz/ .5 oz eq	*WG Whole Wheat Bun 1/2 each 1 oz/1 oz eq	(WG) Wheat Roll-1 each 1 oz/1 oz eq	*WG Brown Rice ¼ cup (.5 oz/ .5 oz eq)	WG Wheat Tortilla 1 each (1 oz/ 1 oz eq)
Vegetable	Peas and Carrots (A) 1/8 cup	<b>#Oven French Fries-</b> 1/4 cup (7-9 fries) Fresh or Frozen	Collard Greens (A&C) 1/8 cup	Diced Tomatoes (in recipe) 1/8 cup	Green Peas - 1/8 cup
Fruit/Vegetable	Fresh Apple Diced 1/4 cup (1/4 apples)	Honeydew Melon Diced(C) 1/8 cup	Mix Fruit (A&C) 1/8 cup	Mandarin Oranges (C)- 1/8 cup	Cantaloupe Diced (A&C) ¼ cup
<b>Snack</b>					
		<b>Fruit Breeze</b>	<b>#Toasted Cheese Sandwich</b> 1/2 each	<b>#Refried Beans-</b> (Fe)	<b>#Berry Jams Party Bites</b>
Component #1	Milk - 1/2 cup	Vanilla Yogurt - 1/4 cup	American Cheese 1 slice	Pinto Beans - 1/8 cup	WG Bagel 1/2 each .95 oz/.5 oz eq
Component #2	Teddy Graham 1 bag .75 oz/.75 oz eq	Mangoes Diced -1/4 cup Strawberries Diced - 1/4 cup	*WG Whole Wheat Bread 1 Slice 1 oz/1 oz eq	*WG Wheat Tortilla 1/2 each (.5 oz/.5 oz eq)	Sun Butter - 1 Tbsp
Other					Fruit 4 Berry Blend 1/8 cup

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