



EARLY HEAD START


SHARE Head Start

CENTER - _____

Age 1-2 yrs

Note: Finely chop, blend, steam all foods in bite-size servings; Water is accessible to all children throughout the day

Note: Serve Unflavored whole milk to 12-23 months; Serve unflavored 1% or skim milk to 2 years old and older

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
						
						
	Other					
AM Snack						
						
						
Lunch						
						
						
						
PM Snack						
	Choose TWO:					
						
						

SUBSTITUTIONS:



SHARE Head Start












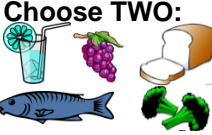
CENTER - _____

Feb. 3-7, 2020

Age 1-2 yrs

Note: Finely chop, blend, steam all foods in bite-size servings; Water is accessible to all children throughout the day

Note: Serve Unflavored whole milk to 12-23 months; Serve unflavored 1% or skim milk to 2 years and older

		Monday	Tuesday	Wednesday	Thursday	Friday
		3	4	5	6	7
Breakfast		4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
		1/2c Diced Peaches	1/2c Diced Pears	1/2 Diced apples	1/2 cut Grapefruit	1/2 Banana
		3/4c Grits	WG French Toast Sticks	3/4c WG Cheerios	3/4c Oatmeal	3/4c Cornflakes
	Other		Syrup		Cinnamon	
AM Snack		Water	Water	Water	Water	Water
						
		Boiled Egg	WG Saltines	Flavored Yogurt	Animal Crackers	Apple Sauce
Lunch		4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
		1oz HM Tuna Salad	1oz CN Meatloaf	1oz HM Cuban Black beans and Rice	1oz CN Cheese Pizza	1oz CN BBQ Chicken Patty
		1/8c Peas	1/8c Mashed Potatoes	1/8c Collard Greens	1/8c Lettuce/Tomato Salad	1/8c HM Coleslaw
		1/8c Tropical Fruit	1/8c Carrots	1/8c Mandarin Oranges	1/8c Pineapples	1/8c Vegetarian Beans
		WG Pita/cut	WW Roll/cut	Brown Rice	WG Crust/cut/Ranch	WW Bun/Cut
PM Snack	Choose TWO: 	Water/ Apple Saue/ Pk Goldfish	Water/4 graham Crackers/ 1/2c mashed blueberries	Water/1oz Cheese Stick/Ritz Crackers	Water/1/2 c Mango/ WG Banana Bread	Water/1/2c Peaches/ Vanilla Yogurt

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice



SHARE Head Start

CENTER - _____

Feb. 10-14, 2020

Age 1-2 yrs

Note: Finely chop, blend, steam all foods in bite-size servings; Water is accessible to all children throughout the day

Note: Serve unflavored whole milk to 12-23 months; Serve unflavored 1% or skim milk to 2 years and older

		Monday	Tuesday	Wednesday	Thursday	Friday
		10	11	12	13	14
Breakfast		4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
		1/2c Strawberries	1/2c Mashed Blueberries	1/2c Diced Peaches	1/2c Diced Pears	1/2 Banana
		Biscuit	CN Cheese Omlette	WW Toast	WG Pancakes	3/4c Mashmellow Matey
	Other	Jelly		Jelly	Syrup	
AM Snack		Water	Water	Water	Water	Water
		WG Saltine	Vanilla Yogurt	Graham Cracker	Apple Sauce	Animal Crackers
Lunch		4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
		1oz HM Chicken Stirfry D-390	1oz HM Beef Taco Pie	1oz Butter Beans	1oz CN Fish Nuggets	1oz Ham/Cheese Sandwich
		1/8c Oriental Vegetables	1/8c Lettuce/Tomato	1/8c Turnip Greens	1/8c Broccoli	1/8c Lettuce/tomato
		1/8c Tropical Fruit	1/8c Cream Corn	1/8c Yams	1/8c Crushed Pineapple	1/8c Baked Fries
		Brown Rice	WG Tortilla/cut	CornBread/cut	Hushpuppies	WW Bread/cut
PM Snack	Choose TWO: 	Water 1/2c Applesauce/ Goldfish	Water/ Grape Juice/ Animal Crackers	Water/1/2 cut & Peeled orange/ Saltine Crackers	Water/ 1/2c Strawberries/ Flavored Yogurt	Water/ 1oz Cheese Stick/ Ritzcracker

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice



SHARE Head Start

CENTER - _____

Feb. 17-21, 2020

Age 1-2 yrs

Note: Finely chop, blend, steam all foods in bite-size servings

Note: Serve Whole Milk to 1 YO; Serve 1% Milk to 2 YO

		Monday	Tuesday	Wednesday	Thursday	Friday
		17	18	19	20	21
Breakfast		PRESIDENTS' DAY	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
			1/2 c Pineapple Crushed	1/2 C strawberries	1/2 Banana	1/2c Peaches
			3/4c Kix	Mini Bagel	WW Toast	3/4 c Cornflakes
	Other			Cream Cheese	Jelly	
AM Snack		NO	water	water	water	water
		SCHOOL	Boiled Egg	Animal Crackers	Yogurt	Graham Crackers
Lunch			4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
			1oz Shredded BBQ Pork	1oz Black Eyed Peas	1oz HM Chicken Salad	1oz CN Cheese Quesedilla
			1/8 c HM Coleslaw	1/8 c Brocoli	1/8 c Peas	1/8 Lettuce/tomato
			1/8 c Vegetarian Beans	1/8c Squash	1/8c Mandarin Oranges	1/8 Zucchini
			WW Bun/cut	Brown Rice	Ritz Crackers	WG Crust
PM Snack	Choose TWO: 		Water/ cut& Peeled Orange/ Graham Cracker	Water/ WG Cheeze IT/ Tropical Fruit	1/2c Apple juice/ WG Saltine Crakers	Water/ WG Blueberry Bread/ Mango

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice



SHARE Head Start













CENTER - _____

Feb. 24-28, 2020

Age 1-2 yrs

Note: Finely chop, blend, steam all foods in bite-size servings; Water is accessible to all children throughout the day

Note: Serve unflavored whole milk to 12-23 months; Serve unflavored 1% or skim milk to 2 years and older

		Monday	Tuesday	Wednesday	Thursday	Friday
		24	25	26	27	28
Breakfast		4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
		1/2c Mashed Blueberries	1/2 c Pineapples	1/2 c Peaches	1/2 C Tropical Fruit	1/2 Banana
		WG Waffle	CN Breakfast Pizza	3/4c Rice Chex	Grits	3/4c Reduced Sugar Cinnamon Toast Crunch
	Other	Syrup			w/ cheese	
AM Snack		water	water	water	water	water
						applesauce
		WG Saltine	Animal Crackers	Yogurt	Graham Crackers	
Lunch		4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)	4oz Milk (Whole/1%)
		1oz CN Grilled Chicken	1oz HM Beef Spagetti	1oz Pinto Beans	1oz Beef Patty w/cheese	1oz Chicken Soft Taco
		1/8c Green Beans	1/8c Cucumber/tomato Salad	1/8c Spinach	1/8 c Green Beans	1/8c Lettuce/Tomato
		1/8c Sweet Potato Tots	1/8 Pears	1/8 Carrots	1/8 Diced Apples	1/8 Cream Corn
	WW Roll	WG Pasta/ Garlic Bread	Corn Bread/ Cut	WW Bun	WG Tortilla/ Cut	
PM Snack	Choose TWO: 	1/2c Grape Juice/Ritz Crackers	Water/ 1oz Cheese Stick/WG Saltine Crackers	Water/ 1/2 c Fresh cut Orange/ WG Saltine Crackers	Water/ Strawberries/Animal Crackers	Water/ 1/2 C Blueberries/ Yogurt