



SHARE Head Start













CENTER - _____

March 2-6, 2020

Age 1-2 yrs

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

Note: Serve Unflavored Whole Milk to 12-23 months; Serve unflavored 1% or Skim milk to 2 years and older; Water

		Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4	5	6
Breakfast		4 oz Milk (Whole/1%)	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1/2 Apple slices	1/2 c Blueberries	1/2 Fresh Orange	1/2 c Applesauce	1/2 Banana
		3/4 c of WG Cheerios	3/4c Oatmeal	3/4 c Cornflakes	1 Pancake	3/4 c WG Cheerios
	Other		Cinnamon/Brown Sugar		Syrup	
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
				Tropical Fruit		Vanilla Yogurt
		Animal Crackers	Animal Crackers		Cheezeit	
Lunch		4oz Whole/1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1oz HM Sloppy Joe/ Chopped	1oz HM Turkey Chowder	1oz Blackeyed Peas	1oz CN Beef Nuggets	1oz CN Beef Patty
		1/8 c Carrots	1/8 c Tomato/Lettuce/Cucumber Salad	1/8c Sweet Potatoes	1/8 c Green Beans	1/8 c Lettuce/Tomatoes
		1/8 c Peas	1/8 c Peaches	1/8 c Pineapples	1/8c Lima Beans	1/8c Vegetarian Beans
		WG Bun	WG Saltine Crackers	Cornbread/cut	WW Roll/cut	WW Bun/cut
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO:					
		Water/ 1/2 c of Peaches/ Yogurt	Water/ Mini Bagel/ 1/2 c Diced Pears	Water/ WG Pumpkin Bread/4oz of Apple Juice	Water 1/2c Mixed Fruit/ Gold fish	Water/ Animal Crackers/ 1/2c Strawberries

SUBSTITUTIONS:

Mixed Fruit: Papaya Red & Yellow, Pineapple, White Grape Juice and Lemon Juice



SHARE Head Start

CENTER - _____

March 9-13, 2020

Age 1-2 yrs

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

Note: Serve Unflavored Whole Milk to 12-23 months; Serve unflavored 1% Milk to 2 years and older; Water is acc

		Monday	Tuesday	Wednesday	Thursday	Friday
		9	10	11	12	13
Breakfast		4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1/2c Peaches	1/2c Honey Dew Melon	1/2 c Mandarin Oranges	1/2c Pineapples	1/2 Banana
		3/4 Grits	Mini Bagel	3/4c Rice Chex	Biscuit	3/4 Cornflakes
	Other		Cream Cheese		Jelly	
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
			Pears Diced			Apple Sauce
		Boiled Egg		Graham Crackers	Animal Crackers	
Lunch		4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1oz CN Fish Nuggets	1oz CN Grilled Chicken Patty	1oz Pinto Beans	1oz BBQ Pork	1oz CN Quesidilla
		1/8 HM Cole Slaw	1/8c Spinach/Tomato Salad	1/8 c Collard Greens	1/8 c Peas	1/8c Lettuce/tomato/cucumber salad
		1/8c Yams	1/8 c Carrots	1/8 c Tropical Fruit	1/8 c Pears	1/8c Corn
		WG Hush Puppies	WW Roll/cut	Corn Bread/cut	WW Bun/cut	WG Tortilla/cut
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO:	Water/ 1/2c Applesauce/ Cheezits	Water/ 1/2 c Strawberries/ Yogurt	Water/ Ritz Crackers/ 1/2 c Peaches	Water/ Cheese Stick/ Saltine Crackers	Water/ 1/2c Blueberries/ Zucchini Bread

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice



EARLY HEAD START

SHARE Head Start













CENTER - _____

March 16-20, 2020

Age 1-2 yrs

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

Note: Serve Unflavored Whole Milk to 12-23 months; Serve Unflavored 1% Milk to 2 years and older; Water is acc

		Monday	Tuesday	Wednesday	Thursday	Friday
		16	17	18	19	20
Breakfast		4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1/2c Strawberries	1/2c Tropical Fruit	1/2c Peaches	1/2c Blueberries	1/2 Banana
		CN Omelette/Cheese/ WW Toast	WG French Toast Sticks	3/4c Grits	3/4 c Reduced sugar Cinnamon Toast Crunch	CN Chicken Biscuit
	Other	Jelly		Syrup		
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
			Apple Sauce			Pear Cup
		Cheese Stick		Graham Cracker	Ritz	
Lunch		4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1oz HM Macroni and Cheese	1oz HM Tuna Salad	1oz Navy Beans	1oz HM Turkey and Swiss Cheese Sandwich	1oz CN Cheese Pizza
		1/8 c Zucchini	1/8c Peas	1/8c Broccoli	1/8 Lettuce/Tomato	1/8c Greenbeans
		1/8c Fresh Orange	1/8 c Okra	1/8 c Carrots	1/8 Tater Tots	1/8 c Mango
		Garlic Bread/cut	Ritz Crackers	WW Roll/cut	WG Croissant/cut	WG Crust/cut
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO: 	Water/ 1/2c Celery sticks w Ranch / 4oz Grape Juice	Water/ 1/2 c Pears/ Animal Crackers	Water/ 1/2c Pineapples/ 4-6oz Yogurt	Water/ 1/2c Applesauce/ WG Cracker	Water/ Cheese Stick/ 1/2c Sliced Apples

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice



EARLY HEAD START

SHARE Head Start

CENTER - _____

March 23-27, 2020

Age 1-2 yrs

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

Note: Serve Unflavored Whole Milk to 12-23 months; Serve Unflavored 1% Milk to 2 years old and older; Water is

		Monday	Tuesday	Wednesday	Thursday	Friday
		23	24	25	26	27
Breakfast		4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1/2c Mandarin Oranges	1/2 Fresh Apple	1/2 c Tropical Fruit	1/2c Strawberries	1/2 Banana
		Turkey Sausage w Mini Bagel	English Muffin w Cheese	3/4c WG Kix	Cinnamon Toasted Bread	WG Pancakes
	Other				Cream Cheese	Syrup
Water is accessible to all children throughout the day.						
AM Snack		Water	Water	Water	Water	Water
				AppleSauce		Pear Cup
		Cheese Stick	Boiled Egg		Cheez-Its	
Lunch		4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk	4oz Whole /1% Milk
		1oz HM Ham Sandwich	1oz HM Chicken Fajitas	1oz Black Beans	1oz BBQ Grilled Chicken Patty	1oz HM Ground Beef Macroni
		1/8 c HM Broccoli Salad	1/8 c Lettuce/Tomato	1/8 c Spinach	1/8 c HM Cole Slaw	1/8 c Lettuce/Tomato
		1/8 c Sweet Potato Fries	1/8 c Corn	1/8 c Carrots	1/8 c Pineapple	1/8 c Squash
		WW Bread/cut	WW Tortilla/cut	Brown Rice	WW Bun/cut	WG Pasta
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO:	Water/ 1/2c Pears/ Animal crackers	Water/ 1/2c Peaches/ Gold Fish	Water/ Banana Bread/ 4oz Apple Juice	Water/ 1/2 Fresh Orange/ Graham Cracker	Water/ 4-6oz Vanilla Yogurt/ Blueberries

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice



SHARE Head Start















CENTER - _____

March 30-31, 2020

Age 1-2 yrs

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

Note: Serve Unflavored Whole Milk to 12-23 months; Serve Unflavored 1% Milk to 2 years old or older; Water is a

		Monday	Tuesday	Wednesday	Thursday	Friday
		30	31			
Breakfast		4oz Whole /1% Milk	4oz Whole/1% Milk			
		1/2c Mango	1/2 C Peaches			
		WG Waffles	3/4c Rice Krispies			
	Other	Syrup	Cream Cheese			
Water is accessible to all children throughout the day.						
AM Snack		Water	water			
		Mixed Fruit				
			Animal Crackers			
Lunch		6oz 1% Milk	4oz Whole/1% Milk			
		1oz Turkey Burger w Cheese	1oz Meat Balls			
		1/8 c Spinach/Tomato	1/8 c Green Beans			
		1/8 c Sliced Apples	1/8 c Mashed Potatoes			
		WW Bun/cut	WG Crossiant			
Water is accessible to all children throughout the day.						
PM Snack	Choose TWO:   	Water/ 1/2c Tropical Fruit Cup/ CheezIts	Water/ Graham Crackers/1/2 c Grape Juice			

SUBSTITUTIONS:

Tropical Fruit Ingredients: Papaya and Pineapple in Natural Fruit Juice

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