



SHARE Head Start











CENTER - _____

March 2-6, 2020

Age 3-5 yrs

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

HEAD START

		Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date		2	3	4	5	6
  	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
	1/2 c Apple Slices	1/2 c Blueberries	1/2 Fresh Orange	1/2 c Applesauce	1/2 Banana	
	3/4 c WG Cheerios	3/4c Oatmeal	3/4 c Cornflakes	1 Pancake	3/4 c WG Cheerios	
		Cinnamon/Brown Sugar		Syrup		
    	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
	1.5oz HM Sloppy Joes	1.5oz HM Turkey Chowder	1.5oz Blackeyed Peas	1.5oz CN Beef Nuggets	1.5oz CN Beef Patty	
	1/4c Carrots	1/4c Tomato/Lettuce/Cucumber Salad	1/4c Sweet Potatoes	1/4 c Green Beans	1/4 c Lettuce/Tomatoes	
	1/4c Peas	1/4 c Peaches	1/4 c Pineapples	1/4c Lima Beans	1/4c Vegetarian Beans	
	WW Bun	WG Saltine Crackers	Cornbread	WW Roll	WW Bun	
 	Water/ Yogurt/ 1/2 c Peaches	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	









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

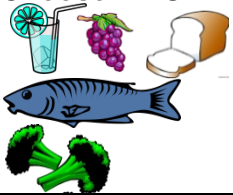


HEAD START

March 9-13, 2020

Age 3-5 yrs

		9	10	11	12	13
Breakfast		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
		1/2c Peaches	1/2c Honey Dew Melon	1/2 c Mandarin Oranges	1/2c Pineapples	1/2 Banana
		3/4 Grits	English Muffin w Cheese	3/4c Rice Chex	Biscuit	3/4 Cornflakes
	Other				Jelly	
Water is accessible to all children throughout the day.						
Lunch		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
		1.5oz CN Fish Nuggets	1.5oz CN Grilled Chicken Patty	1.5oz Pinto Beans	1.5oz CN BBQ Pork	1.5oz CN Quesidilla
		1/4c HM Cole Slaw	1/4c Spinach/Tomato Salad	1/4c Collard Greens	1/4c Peas	1/4c Lettuce/tomato/cucumber salad
		1/4c Yams	1/4c Carrots	1/4 Tropical Fruit	1/4 Pears	1/4c Corn
		WG Hush Puppies	WW Roll	Corn Bread	WW Bun	WG Tortilla
Water is accessible to all children throughout the day.						

Snack	Choose TWO: 	Water/ 1/2c Applesauce/ Cheezits	Water/ 1/2 c Strawberries/ Yogurt	Water/ MultiGrain SunChips/ 1/2 c Peaches	Water/ Cheese Stick/ Saltine Crackers	Water/ 1/2c Blueberries/ Zucchini Bread

SUBSTITUTIONS:

Tropical Fruit: Papaya and Pineapple in Natural Fruit Juice



HEAD START

Calendar Date









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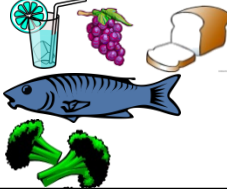
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March 16-20, 2020

Age 3-5 yrs

Note: Serve Unflavored whole milk to 12-23 months; Serve unflavored 1% or skim milk to 2 years and older; Water is accessible to all children throughout the day.

		Monday	Tuesday	Wednesday	Thursday	Friday
		16	17	18	19	20
Breakfast		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 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.						
Lunch		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
		1.5oz HM Macroni and Cheese	1.5oz HM Tuna Salad	1.5oz Navy Beans	1.5oz HM Turkey and Swiss Cheese Sandwich	1.5oz CN Cheese Pizza
		1/4 c Zucchini	1/4c Peas	1/4c Broccoli	1/4 Lettuce/Tomato	1/4c Greenbeans
		1/4c Fresh Orange	1/4c Okra	1/4c Carrots	1/4 Tater Tots	1/4c Mango
		Garlic Bread	Ritz Crackers	WW Roll	WG Croissant	WG Crust

Water is accessible to all children throughout the day.						
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: Papaya and Pineapple in Natural Fruit Juice



HEAD START



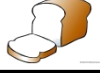




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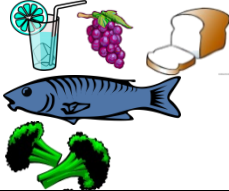
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March 23-27, 2020

Age 3-5 yrs

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

Water is accessible to all children throughout the day.						
		Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date		23	24	25	26	27
Breakfast		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 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 Raisin Bread	WG Pancakes
	Other				Cream Cheese	Syrup
Water is accessible to all children throughout the day.						
Lunch		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
		1.5oz HM Ham Sandwich	1.5oz HM Chicken Fajitas	1.5oz Black Beans	1.5oz BBQ Grilled Chicken Sandwich	1.5oz HM Ground Beef Macroni
		1/4c HM Broccoli Salad	1/4c Lettuce/Tomato	1/4c Spinach	1/4 c HM Cole Slaw	1/4 c Lettuce/Tomato
		1/4c Sweet Potato Fries	1/4c Corn	1/4c Carrots	1/4 Pineapple	1/4c Squash

		WW Bread	WW Tortilla	Brown Rice	WW Bun	WG Pasta
Water is accessible to all children throughout the day.						
Snack	Choose TWO: 	Water/ 1/2c Pears/ Animal Crackers	Water/ 1/2c Peaches/ Gold Fish	Water/ WG Banana Bread/ 4oz Apple Juice	Water/ 1/2 Fresh Orange/ Graham Crackers	Water/ Vanilla Yogurt/ 1/2 c Blueberries

SUBSTITUTIONS:

Tropical Fruit: Papaya and Pineapple in Natural Fruit Juice



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


March 30-31, 2020

Age 3-5 yrs

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

HEAD START

		Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Date		30	31			
Breakfast		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
		1/2 c Mango	1/2 c Peaches			
		WG Waffle	3/4 c Rice Krispies			
	Other					
Water is accessible to all children throughout the day.						
Lunch		6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk	6oz 1% Milk
		1.5oz Turkey Burger	1.5oz CN Meat Balls			
		1/4c Fresh Spinach/Tomato	1/4 Green Beans			
		1/4c Sliced Apples	1/4 c Mashed Potatoes			

		WW Bun	WW Roll			
Water is accessible to all children throughout the day.						
Snack	Choose TWO: 	Water/ 1/2c Tropical Fruit/ Cheezeits	Water/ Graham Crackers/ Grape Juice			
						

SUBSTITUTIONS:

Tropical Fruit: Papaya and Pineapple in Natural Fruit Juice

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