



CCCC HEAD START



WEEK  
9/11 -- 9/15

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

9/18 -- 9/22

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

9/25 -- 9/29

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

10/2 -- 10/6

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
10/9 -- 10/13

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	® ½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

10/16 -- 10/20

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

10/23 - 10/27

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

10/30 - 11/3

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_





CCCC HEAD START



WEEK  
11/6 - 11/10

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
11/13 - 11/17

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
11/20 -11/24

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	® ½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

11/27 - 12/1

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
12/4 - 12/8

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
12/11 -12/15

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
12/18 -12/22

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

1/1 -1/5

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_





CCCC HEAD START



WEEK  
1/8 - 1/12

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

1/15 - 1/19

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

1/22 -1/26

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

1/29 - 2/2

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
2/5 - 2/9

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



**WEEK**  
2/12 - 2/16

**0-5 Program Child Menu**

**2023-2024**

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
2/19 - 2/23

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	® ½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

2/26 - 3/1

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_





CCCC HEAD START



WEEK  
3/4 - 3/8

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
3/11 - 3/15

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

3/18 - 3/22

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

3/25 - 3/29

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
4/1 - 4/5

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

4/8 - 4/12

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

4/15 - 4/19

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

4/22 - 4/26

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_





CCCC HEAD START



WEEK  
4/29 - 5/3

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
5/6 - 5/10

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes  
Whole Milk – EHS 1% Milk - HS

**APPROVED**  
By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
5/13 - 5/17

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

5/20 - 5/24

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
5/27 - 5/31

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

6/3 - 6/7

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

6/10 - 6/14

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

6/17 - 6/21

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_





CCCC HEAD START



WEEK  
6/24 - 6/28

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

7/1 - 7/5

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

7/8 - 7/12

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	½ WG Blueberry Muffins ¼ c. Fruit 6oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks.

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

7/15 - 7/19

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Mandarin Oranges Cup 6 oz. Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ½ c. Honey Dew Slices 6 oz. Milk	1 Egg Patty with Cheese ½ Slice WG Toast ½ c. Tropical Fruit Cup 6 oz. Milk	1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 oz. Baked Chicken ¼ c. Mashed Potato ¼ c. Buttered Corn ¼ c. Diced Kiwi 4 oz. Fruit Juice 1/2 WG Dinner Roll, 6oz. milk	1 c. Spaghetti with Meat Sauce ½ c. Side Salad ½ Slice WG Garlic Toast ¼ c. Pineapple Tidbits 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Raspberries 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK  
7/22 - 7/26

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Apple Slices 6 oz. Milk	½ WG English Muffin 1 Egg Omelet 1 Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Pancake 1.5 oz. Sausage Patty ½ c. Fresh Fruit – Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Fruit Cup 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1.5 Popcorn Chicken ¼ c. Mac & Cheese ½ c. Side Salad Mandarin Oranges Cup 6 oz. Milk	Sloppy Joe in WG Bun Tater Tots Carrot Sticks with Ranch Kiwi ½ c. Steamed Carrots (EHS) 6 oz. Milk	1 Slice Cheese Pizza ½ c. Celery Sticks ½ c. Side Salad 6 oz. Milk	1.5 oz. Turkey ¼ c. Mashed Potato ¼ c. Green Beans ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk	1 Hamburger Slider with Cheese ½ c. Sweet Potato Fries ½ c. Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	Yogurt Parfait ½ c. Blueberries ½ c. Granola Bits	WG Uncrustable 4 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



# WEEK

7/29 - 8/2

## 0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fruit – Mandarin Orange Cup 6 oz. Milk	½ Slice Breakfast Pizza ½ c. Fresh Fruit – Cantaloupe Slices 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. Milk	½ WG French Toast 1.5 oz. Ham Patty ½ c. Fruit 6 oz. Milk	½ WG Breakfast Burrito (sausage, egg, cheese) ½ c. Fruit 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Pork Roast Baked Potato ½ WG Dinner Roll Side Salad Fruit Salad (fresh strawberries&blueberries) 6 oz. Milk	1 c. Tomato Soup ½ Grilled Ham & Cheese ¼ c. Carrot Sticks with Ranch ¼ c. Pears 6 oz. 1% Milk	Pork and Vegetable Egg Roll Fried Rice Pineapple Tidbits ½ c. Celery & Carrot Sticks Steamed Carrots (EHS) 6 oz. Milk	½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	Chili Bread Stick Broccoli Peaches Cup 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
4 WG Crackers ½ String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. Vanilla Yogurt ½ c. Blueberries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



**WEEK**  
8/26 - 8/30

**0-5 Program Child Menu**

**2023-2024**

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit - Strawberries 6 oz. Milk	½ WG Blueberry Muffin ¼ c. Fruit 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ WG Biscuit with Sausage Gravy ½ c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1 Chicken Quesadilla ¼ c. Side Salad ¼ c. Fruit 6 oz. Milk	1 c. Beef Stew ½ Biscuit ½ c. Peas and Carrots ¼ c. Peaches 6 oz. Milk	½ Sliced Fry Bread 2 oz. Taco Meat ½ c. Vegetable Toppings (lettuce, tomatoes) ¼ c. Blueberries 6 oz. Milk	Tuna Noodle ½ c. Hot Dish ¼ c. Green Beans ¼ c. Fruit 6 oz. Milk	2 Fish Sticks ½ c. French Fries ¼ c. Broccoli ¼ c. Fruit ½ WG Dinner Roll 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	® ½ c. Cereal 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_



CCCC HEAD START



WEEK

9/2 - 9/5

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ c. WG Cereal ½ Slice WG Toast ½ c. Fresh Fruit – Strawberries 6 oz. Milk	½ WG English Muffin Egg Omelet Fruit Cup 6 oz. Milk	½ c. Hot Cereal ½ Slice WG Toast ¼ c. Fresh Fruit – Diced Pears 6 oz. Milk	½ WG Pancake 1.5 oz Sausage Patty ½ c. Fresh Fruit – ½ Banana 6 oz. Milk	1 Blueberry Muffin ¼ c Yogurt ½ Sliced Oranges 6 oz. Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
½ Chicken Patty in WG Bun ¼ c. French Fries ½ c. Side Salad with Ranch ¼ c. Apple Slices 6 oz. 1% Milk	1.5 oz. Meatloaf WG Dinner Roll ½ c. Mashed Potato ¼ c. Peas ¼ c. Fruit 6 oz. Milk	1 Slice Cheese Pizza ¼ c. Celery Sticks ¼ c. Side Salad 6 oz. Milk	1 c. Chicken and Rice Soup ½ Ham & Cheese Sandwich ¼ c. Carrot Sticks ¼ c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>	<b>Snack</b>
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed Crackers 4 Crackers	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

**APPROVED**

By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Health Specialist: \_\_\_\_\_

Date: \_\_\_\_\_

CCCC Head Start Director: \_\_\_\_\_

Date: \_\_\_\_\_