

WEEK 9/11 -- 9/15

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	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

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:

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WEEK 9/18 -- 9/22

0-5 Program Child Menu

2023-2024

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Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
Snack	Snack	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



0-5 Program Child Menu

2023-2024

9/25 -- 9/29

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

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk - EHS 1% Milk - HS

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0-5 Program Child Menu

2023-2024

10/2 -- 10/6

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 % 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
Snack	Snack	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 10/9 -- 10/13

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit <mark>Juice</mark>	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

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

CCCC Head Start Health Specialist: ______

Registered Dietician:

CCCC Head Start Director:

Date: _____

Date: _____

Date: _____



0-5 Program Child Menu

10/16 -- 10/20

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	® Snack	Snack
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed <mark>Cracke</mark> rs 4 Crack <mark>ers</mark>	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Sala	ad: Shredde	d Lettuce,	Matchstick	Carrots,	Sliced	Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:	
CCCC Head Start Health Specialist:		Date:	
CCCC Head Start Director:		Date:	



0-5 Program Child Menu

2023-2024

10/23 - 10/27

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
½ c. WG Cereal ½ Slice WG Toast	½ WG Blueberry Muffins ¼ c. Fruit	½ c. Hot Cereal ½ Slice WG Toast	½ WG Biscuit with Sausage Gravy	½ c. Scrambled Eggs ½ WG Toast
½ c. Fresh Fruit – Strawberries 6 oz. 1% Milk	6oz. Milk	¼ c. Fresh Fruit – Banana 6 oz. 1% Milk	½ c. Diced Pears 6 oz. Milk	¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack Snack	Snack	Snack	Snack
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

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Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks. Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

CCCC Head Start Director:

Whole Milk - EHS 1% Milk - HS

	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:

Date: _____



WEEK 10/30 - 11/3

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
Snack	Snack	Snack	Snack	Snack
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

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

Registered Dietician: ______ Date: ______

CCCC Head Start Health Specialist: ______ Date: ______

CCCC Head Start Director: ______ Date: ______



WEEK 11/6 - 11/10

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed <mark>Cracke</mark> rs 4 Cracke <mark>rs</mark>	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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 11/13 - 11/17

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 % 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
Snack	Snac <mark>k</mark>	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 11/20 -11/24

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit <mark>Juice</mark>	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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 11/27 - 12/1

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
Snack 2 French Toast Sticks ½ c. Fruit Juice	Snack 1 pck Cubed Crackers 4 Crackers	Snack ½ c. Apple Sauce 1 pck Teddy Grahams	Snack 1 Chocolate Chip Muffin 4 oz. Milk	Snack 4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 12/4 - 12/8

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Graham Crackers Blueberry Wojapi 6 oz. Milk	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

Registered Dietician:	APPROVED By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 12/11 -12/15

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
Snack	Snack Snack	Snack	Snack	Snack
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Gra <mark>ham C</mark> rackers Blueberry Wojapi 6 oz. M <mark>i</mark> lk	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

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

Registered Dietician: ______ Date: ______

CCCC Head Start Health Specialist: ______ Date: ______

CCCC Head Start Director: ______ Date: ______



0-5 Program Child Menu

12/18 -12/22

2023-2024

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

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



0-5 Program Child Menu

1/1 -1/5

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
½ c. WG Cereal	½ Slice Breakfast Pizza	½ c. Hot Cereal	½ WG French Toast	½ WG Breakfast Burrito
1/2 Slice WG Toast	½ c. Fresh Fruit –	1/2 Slice WG Toast	1.5 oz. Ham Patty	(sausage, egg, cheese)
½ c. Fruit – Mandarin	Cantaloupe Slices	¼ c. Fresh Fruit – Banana	½ c. Fruit	½ c. Fruit
Orange Cup	6 oz. Milk	6 oz. Milk	6 oz. Milk	6 oz. Milk
6 oz. Milk				
Lunch	Lunch	Lunch	Lunch	Lunch
Pork Roast	1 c. Tomato Soup	Pork and Vegetable Egg	½ Chicken Patty in WG Bun	Chili
Baked Potato	½ Grilled Ham & Cheese	Roll	¼ c. French Fries	Bread Stick
1/2 WG Dinner Roll	¼ c. Carrot Sticks with	Fri <mark>ed Rice</mark>	½ c. Side Salad with Ranch	Broccoli
Side Salad	Ranch	Pineapple Tidbits	¼ c. Apple Slices	Peaches Cup
Fruit Salad (fresh	¼ c. Pea <mark>rs</mark>	½ c. Celery & Carrot Sticks	6 oz. 1% Milk	6 oz. Milk
strawberries&blueberries)	6 oz. 1% M <mark>ilk</mark>	Steamed Carrots (EHS)		
6 oz. Milk		6 <mark>oz. Mi</mark> lk		
Snack	Snac <mark>k</mark>	Snack	Snack	Snack
4 WG Crackers	½ c. WG Goldfish Crackers	½ c. Vanilla Yogurt	½ Slice Banana Bread	¼ c. Fruit Cup
1/2 String Cheese	4 oz. 1% Milk	½ c. Blueberries	4 oz. 1% Milk	4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 1/8 - 1/12

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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	 ¼ 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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit Juice	3 Grah <mark>am Cr</mark> ackers Blueb <mark>erry W</mark> ojapi 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

APP	PROV	ED	

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

CCCC Head Start Health Specialist: ______

Registered Dietician:

CCCC Head Start Director:

Date:	

Date: _____

Date: _____



WEEK 1/15 - 1/19

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/4 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	BBQ on Bun Mixed Vegetables (carrots, corn, peas) Fruit 6 oz. Milk
Snack 2 French Toast Sticks ½ c. Fruit Juice	Snac <mark>k</mark> 1 pck Cubed <mark>Cracke</mark> rs 4 Crack <mark>ers</mark>	Snack ½ c. Apple Sauce 1 pck Teddy Grahams	Snack 1 Chocolate Chip Muffin 4 oz. Milk	Snack 4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



0-5 Program Child Menu

1/22 -1/26

2023-2024

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

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 1/29 - 2/2

0-5 Program Child Menu

2023-2024

Mon Tue Wed Thu Fri

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
½ c. WG Cereal	½ WG Biscuit with Sausage	½ c. Hot Cereal	1 Egg Patty with Cheese	1 Ham Patty
1/2 Slice WG Toast	Gravy	½ Slice WG Toast	½ Slice WG Toast	1/2 Slice WG Toast
½ c. Mandarin Oranges	½ c. Diced Pears	½ c. Honey Dew Slices	½ c. Tropical Fruit Cup	½ Banana
Cup	6 oz. Milk	6 oz. Milk	6 oz. Milk	6 oz. Milk
6 oz. Milk				
Lunch	Lunch	Lunch	Lunch	Lunch
1.5 oz. Baked Chicken	1 c. Spaghetti with Meat	½ Sliced Fry Bread	1 c. Chicken and Rice Soup	½ Fish Sandwich
¼ c. Mashed Potato	Sauce	2 oz. Taco Meat	½ Ham & Cheese Sandwich	½ c. Sliced Cucumbers
¼ c. Buttered Corn	½ c. Side Sa <mark>lad</mark>	½ c. Vegetable Toppings	¼ c. Carrot Sticks	¼ c. Diced Watermelon
¼ c. Diced Kiwi	½ Slice WG Gar <mark>lic Toa</mark> st	(lettuce, tomatoes)	¼ c. Fruit Cup	6 oz. Milk
4 oz. Fruit Juice	¼ c. Pineapple <mark>Tidbi</mark> ts	¼ c. R <mark>aspbe</mark> rries	6 oz. Milk	
1/2 WG Dinner Roll, 6oz. milk	6 oz. Mil <mark>k</mark>	6 <mark>oz. Mil</mark> k		
Snack	Snack Snack	Snack	Snack	Snack
4 WG Crackers	1 Yogurt Cup	3 Graham Crackers	1 Chocolate Chip Muffin	½ c. Applesauce
1/2 String Cheese	4 oz. Fruit <mark>Juice</mark>	Blueberry Wojapi	4 oz. Milk	1/3 c. Pretzels
		6 <mark>oz. M</mark> ilk		

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 2/5 - 2/9

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 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
Snack	Snack Snack	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 2/12 - 2/16

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 % 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
Snack	Snac <mark>k</mark>	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 2/19 - 2/23

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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	% Sliced Fry Bread 2 oz. Taco Meat % c. Vegetable Toppings (lettuce, tomatoes) % 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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt <mark>Cup</mark> 4 oz. Fruit <mark>Juice</mark>	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

Registered Dietician:

Whole Milk – EHS 1% Milk - HS

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

CCCC Head Start Health Specialist: ______

CCCC Head Start Director:

Date:	

Date: _____

Date: _____



0-5 Program Child Menu

2/26 - 3/1

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	® Snack	Snack
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed <mark>Cracke</mark> rs 4 Crack <mark>ers</mark>	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Sala	ad: Shredde	d Lettuce,	Matchstick	Carrots,	Sliced	Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 3/4 - 3/8

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
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

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:

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WEEK 3/11 - 3/15

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
Snack	Snack Snack	Snack	Snack	Snack
4 WG Crackers ½ String Cheese	1 Yogurt Cup 4 oz. Fruit Juice	3 Gra <mark>ham C</mark> rackers Blueberry Wojapi 6 oz. M <mark>i</mark> lk	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 3/18 - 3/22

0-5 Program Child Menu

2023-2024

Mon Tue Wed Thu Fri

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

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



0-5 Program Child Menu

3/25 - 3/29

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 % 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
Snack	Snac <mark>k</mark>	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 4/1 - 4/5

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit <mark>Juice</mark>	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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



0-5 Program Child Menu

4/8 - 4/12

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snac <mark>k</mark>	Snack	® Snack	Snack
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed C <mark>racke</mark> rs 4 Crack <mark>ers</mark>	½ c. Apple Sauce 1 Chocolate Chip Muffi 1 pck Teddy Grahams 4 oz. Milk		4 WG Crackers ½ String Cheese

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



0-5 Program Child Menu

2023-2024

4/15 - 4/19

Mon	Tue	Wed Thu		Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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 Cereal½ WG Biscuit with Sausage½ Slice WG ToastGravy¼ c. Fresh Fruit – Banana½ c. Diced Pears6 oz. 1% Milk6 oz. Milk		½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack ½ WG Uncrustable 4 oz. 1% Milk	Snack 1 Yogurt Cup 4 oz. Fruit Juice	Snack Snack Snack 3 Graham Crackers Blueberry Wojapi 6 oz. Milk Snack 4 oz. Milk		Snack ½ c. Applesauce 1/3 c. Pretzels

APPROVED

Notes: Milk is provided daily for breakfast and lunch. Can also be provided for snacks. Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

CCCC Head Start Director:

Whole Milk - EHS 1% Milk - HS

Registered Dietician:	By Amy Nels	son at 9:35 am, Aug 29, 2023
CCCC Head Start Health Specialist: _		Da

Date: _____

Date: _____



WEEK 4/22 - 4/26

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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 Cereal1 Egg Patty with Cheese½ Slice WG Toast½ Slice WG Toast½ c. Honey Dew Slices½ c. Tropical Fruit Cup6 oz. Milk6 oz. Milk		1 Ham Patty ½ Slice WG Toast ½ Banana 6 oz. Milk
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
4 WG Crackers ½ String Cheese	1 Yogurt <mark>Cup</mark> 4 oz. Fruit Juice	3 Gra <mark>ham C</mark> rackers Blueberry Wojapi	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

6 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

AP	PR	OV	ED
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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 4/29 - 5/3

0-5 Program Child Menu

2023-2024

Mon	Tue	Tue Wed		Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 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
Snack	Snack	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 5/6 - 5/10

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 % 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
Snack	Snack	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 5/13 - 5/17

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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	2 WG Biscuit with Sausage Gravy 2 c. Diced Pears 6 oz. Milk	½ c. Scrambled Eggs ½ WG Toast ¼ c. Fresh Fruit – Sliced Oranges 6 oz. Milk
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt <mark>Cup</mark> 4 oz. Fruit <mark>Juice</mark>	3 Gra <mark>ham Cr</mark> ackers 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

APP	PROV	'ED	

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



WEEK 5/20 - 5/24

0-5 Program Child Menu

2023-2024

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

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 5/27 - 5/31

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack ½ WG Uncrustable 4 oz. 1% Milk	Snack 1 Yogurt Cup 4 oz. Fruit Juice	Snack 3 Graham Crackers Blueberry Wojapi 6 oz. Milk	Snack % c. Cereal 4 oz. Milk	Snack 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

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

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 6/3 - 6/7

0-5 Program Child Menu

2023-2024

Tue Thu Wed Fri Mon

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
½ c. WG Cereal	1/2 WG Biscuit with Sausage	½ c. Hot Cereal	1 Egg Patty with Cheese	1 Ham Patty
½ Slice WG Toast	Gravy	½ Slice WG Toast	1/2 Slice WG Toast	½ Slice WG Toast
½ c. Mandarin Oranges	½ c. Diced Pears	½ c. Honey Dew Slices	½ c. Tropical Fruit Cup	½ Banana
Cup	6 oz. Milk	6 oz. Milk	6 oz. Milk	6 oz. Milk
6 oz. Milk				
Lunch	Lunch	Lunch	Lunch	Lunch
1.5 oz. Baked Chicken	1 c. Spaghetti with Meat	½ Sliced Fry Bread	1 c. Chicken and Rice Soup	½ Fish Sandwich
¼ c. Mashed Potato	Sauce	2 oz. Taco Meat	½ Ham & Cheese Sandwich	½ c. Sliced Cucumbers
¼ c. Buttered Corn	½ c. Side Sa <mark>lad</mark>	½ c. Vegetable Toppings	¼ c. Carrot Sticks	¼ c. Diced Watermelon
¼ c. Diced Kiwi	½ Slice WG Gar <mark>lic To</mark> ast	(lettuce, tomatoes)	¼ c. Fruit Cup	6 oz. Milk
4 oz. Fruit Juice	¼ c. Pineapple <mark>Tidbi</mark> ts	¼ c. R <mark>aspbe</mark> rries	6 oz. Milk	
1/2 WG Dinner Roll, 6oz. milk	6 oz. Mil <mark>k</mark>	6 <mark>oz. Mil</mark> k		
Snack	Snack	Snack	Snack	Snack
4 WG Crackers	1 Yogurt Cup	3 Graham Crackers	1 Chocolate Chip Muffin	½ c. Applesauce
1/2 String Cheese	4 oz. Fruit <mark>Juice</mark>	Blueb <mark>erry W</mark> ojapi	4 oz. Milk	1/3 c. Pretzels
		6 oz. Milk		

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

Whole Milk - EHS 1% Milk - HS

AP	PR	OV	ED
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By Amy Nelson at 9:35 am, Aug 29, 2023

Registered Dietician: CCCC Head Start Health Specialist: _____ Date: _____ CCCC Head Start Director: Date: _____



WEEK 6/10 - 6/14

0-5 Program Child Menu

2023-2024

	Control of the Contro			
Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 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
Snack	Snack	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK

0-5 Program Child Menu

6/17 - 6/21

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snac <mark>k</mark>	Snack	Snack	Snack
4 WG Crackers 1/2 String Cheese	½ c. WG Goldfish Crackers 4 oz. 1% Milk	½ c. V <mark>anilla</mark> Yogurt ½ c. <mark>Blueb</mark> erries	½ Slice Banana Bread 4 oz. 1% Milk	¼ c. Fruit Cup 4 oz 1% Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 6/24 - 6/28

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit J <mark>uice</mark>	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

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

Registered Dietician:

CCCC Head Start Health Specialist: ______

Date: _____

Date: _____

CCCC Head Start Director:



WEEK

0-5 Program Child Menu

7/1 - 7/5

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snac <mark>k</mark>	Snack	® Snack	Snack
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed C <mark>racke</mark> rs 4 Crack <mark>ers</mark>	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

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



Mon

WEEK

7/8 - 7/12

0-5 Program Child Menu

2023-2024

Thu Tue Wed Fri

Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
½ c. WG Cereal	1/2 WG Blueberry Muffins	½ c. Hot Cereal	1/2 WG Biscuit with Sausage	½ c. Scrambled Eggs
1/2 Slice WG Toast	¼ c. Fruit	½ Slice WG Toast	Gravy	½ WG Toast
½ c. Fresh Fruit –	6oz. Milk	¼ c. Fresh Fruit – Banana	½ c. Diced Pears	¼ c. Fresh Fruit – Sliced
Strawberries		6 oz. 1% Milk	6 oz. Milk	Oranges
6 oz. 1% Milk				6 oz. Milk
Lunch	Lunch	Lunch	Lunch	Lunch
1 Chicken Quesadilla	1 c. Beef Stew	½ Sliced Fry Bread	Tuna Noodle	2 Fish Sticks
¼ c. Side Salad	1/2 Biscuit	2 oz. Taco Meat	½ c. Hot Dish	½ c. French Fries
¼ c. Fruit	½ c. Peas and Carrots	½ c. Vegetable Toppings	¼ c. Green Beans	¼ c. Broccoli
6 oz. Milk	¼ c. Peach <mark>es</mark>	(lettuce, tomatoes)	¼ c. Fruit	¼ c. Fruit
	6 oz. Mi <mark>lk</mark>	¼ c. B <mark>luebe</mark> rries	6 oz. Milk	1/2 WG Dinner Roll
		6 <mark>oz. Mil</mark> k		6 oz. Milk
Snack	Snack Snack Snack	Snack	Snack	Snack
½ WG Uncrustable	1 Yogurt Cup	3 Gra <mark>ham C</mark> rackers	R½ c. Cereal	½ c. Applesauce
4 oz. 1% Milk	4 oz. Fruit <mark>Juice</mark>	Blueberry Wojapi	4 oz. Milk	1/3 c. Pretzels
		6 oz. Milk		

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

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

APPROVED	
By Amy Nelson at 9:35 am, Aug 29,	2

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 7/15 - 7/19

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 1/2 Ham & Cheese Sandwich 1/4 c. Carrot Sticks 1/4 c. Fruit Cup 6 oz. Milk	½ Fish Sandwich ½ c. Sliced Cucumbers ¼ c. Diced Watermelon 6 oz. Milk
Snack	Snack	Snack	Snack	Snack
4 WG Crackers ½ String Cheese	1 Yogurt <mark>Cup</mark> 4 oz. Fruit Juice	3 Gra <mark>ham C</mark> rackers Blueberry Wojapi	1 Chocolate Chip Muffin 4 oz. Milk	½ c. Applesauce 1/3 c. Pretzels

6 oz. Milk

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 7/22 - 7/26

0-5 Program Child Menu

2023-2024

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

Side Salad: Shredded Lettuce, Matchstick Carrots, Sliced Tomatoes

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 7/29 - 8/2

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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 % 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
Snack	Snac <mark>k</mark>	Snack	Snack	Snack
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

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Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK 8/26 - 8/30

0-5 Program Child Menu

2023-2024

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snack	Snack	Snack	Snack
½ WG Uncrustable 4 oz. 1% Milk	1 Yogurt Cup 4 oz. Fruit <mark>Juice</mark>	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

APPROVED		
Py Amy Nolcon at 0:25 am	Aug 20	2

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date:



WEEK

0-5 Program Child Menu

2023-2024

9/2 - 9/5

Mon	Tue	Wed	Thu	Fri
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
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
Lunch	Lunch	Lunch	Lunch	Lunch
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
Snack	Snac <mark>k</mark>	Snack	® Snack	Snack
2 French Toast Sticks ½ c. Fruit Juice	1 pck Cubed <mark>Cracke</mark> rs 4 Crack <mark>ers</mark>	½ c. Apple Sauce 1 pck Teddy Grahams	1 Chocolate Chip Muffin 4 oz. Milk	4 WG Crackers ½ String Cheese

Side Salad: Shredded I	Lettuce, Matchsti	ck Carrots, Slice	d Tomatoes

Whole Milk – EHS 1% Milk - HS

APPROVED

Registered Dietician:	By Amy Nelson at 9:35 am, Aug 29, 2023	Date:
CCCC Head Start Health Specialist:		Date:
CCCC Head Start Director:		Date: