

MAY 2022 HEAD START MENU



WEEK 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	(IDAHO CACFP) EGG TOAD-IN THE-HOLE FRESH FRUIT WG BREAD 1% MILK	COLD CEREAL* -General Mills Multigrain Cheerios PEACH SLICES 1% MILK	(IDAHO CACFP) WG PATTY CAKE PANCAKE APPLESAUCE 1% MILK	OATMEAL MIXED BERRIES 1% MILK	(CNRB) OATMEAL MUFFIN SQUARE PEAR SLICES 1% MILK
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	F-12 BEEF SLOPPY JOE ON ROLL MIXED FRUIT GREEN BEANS WG BUN 1% MILK	D-10 TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK 1% MILK	WR 14 HAMBURGER CANTALOUPE CUBES GREEN GARDEN SALAD WG BUN 1% MILK	(CNRB) SWEET & SASSY CHICKEN PINEAPPLE CHUNKS SUGAR SNAP PEAS/RED PEPPERS WG BROWN RICE 1% MILK	D-21A BEAN BURRITO W/ CHEESE CHERRY TOMATOES CUCUMBERS ORANGE SECTIONS WG TORTILLAS 1% MILK
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables •Fruits • Grains • Fluid Milk	TANGERINE WEDGES 1% MILK	WG ROLL 1% MILK	STRAWBERRIES & BANANAS 1% MILK	CELERY STICKS SUNFLOWER SEED BUTTER 1% MILK	FRESH APPLE SLICES 1% MILK
WEEK 2	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	(IDAHO CACFP) WG FANTABULOUS FRENCH TOAST APPLESAUCE 1% MILK	CREAM OF WHEAT FARINA MIXED BERRIES 1% MILK	WG ENGLISH MUFFIN HONEYDEW SLICES 1% MILK	(IDAHO CACFP) EGG & CHEESE BURRITO WG TORTILLA FRESH BANANA 1% MILK	YOGURT -Darigold Low Fat Vanilla STRAWBERRIES/MANGO 1% MILK
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	(CNRB) SALMON PATTY RED BELL PEPPERS MANDARIN ORNAGES WG BREAD 1% MILK	D-28A BEEF MEATBALLS BRUSSEL SPROUTS TROPICAL FRUIT WG DINNER ROLL 1% MILK	WR-5 TACO SOUP W/ CHEESE KALE CHIPS PEACHES WHOLE CORN TORTILLA CHIPS 1% MILK	D-20 MACARONI & CHEESE FRESH MELON WEDGES ASPARAGUS WG MACARONI NOODLES 1% MILK	WR-02 CHICKEN ENCHILADA CASSEROLE GREEN BEANS PEAR SLICES WG CORN TORTILLAS 1% MILK
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables •Fruits • Grains • Fluid Milk	WHOLE CORN TORTILLA CHIPS SALSA 1% MILK	RED/GREEN PEPPERS SALSA 1% MILK	(IDAHO CACFP) WHITE BEAN DIP CELERY STICKS 1% MILK	(IDAHO CACFP) VEGGIE PIZZA 1% MILK	COTTAGE CHEESE 1% MILK

*All cold cereals served are based upon WIC cereal list

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SITE NAME

WEEK 3	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	TOASTED WG BAGEL FRESH FRUIT 1% MILK	BISCUITS & SAUSAGE GRAVY MIXED FRUIT 1% MILK	WG TOAST PEACH SLICES 1% MILK	COLD CEREAL* -General Mills KIX BANANAS 1% MILK	OATMEAL MUFFIN SQUARE PEAR SLICES 1% MILK
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	CHICKEN SLIDER CUCUMBER FRESH APPLE SLICES WG BUN 1% MILK	TOASTED CHEESE SANDWICH HONEYDEW CUBES TOMATO SOUP WG BREAD 1% MILK	FISH NUGGETS PEAR SLICES TOMATO WEDGES WG DINNER ROLL 1% MILK	TORTILLA ROLL-UP CUCUMBERS/YELLOW/RED PEPPERS FRESH ORANGE SECTIONS WG TORTILLAS 1% MILK	PIZZA W/ GROUND BEEF TOPPING TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG PIZZA CRUST 1% MILK
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	CARROT STICKS 1% MILK	YOGURT -Darigold Low Fat Strawberry 1% milk	MANDARIN ORANGES 1% MILK	WG GRAHAM CRACKERS 1% MILK	FRESH APPLE SLICES 1% MILK
WEEK 4	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	OATMEAL MIXED BERRIES 1% MILK	OATMEAL MUFFIN SQUARE DICED MANGO 1% MILK	SCRAMBLED EGGS W/CHEESE MIXED FRUIT WG TOAST 1% MILK	COLD CEREAL* -Kellogg's Frosted Mini Wheats BLUEBERRIES 1% MILK	WG TOAST TROPICAL FRUIT 1% MILK
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods	BEEF & SPAGHETTI CASSEROLE MIXED FRUIT GREEN GARDEN SALAD WG SPAGHETTI NOODLES 1% MILK	TUNA SALAD SANDWICH APPLE WEDGES CELERY STICKS WG BREAD 1% MILK	CHICKEN NUGGETS CUCUMBERS/PURPLE CABBAGE FRESH ORANGE WEDGES WG DINNER ROLL 1% MILK	GLAZED MEAT LOAF PEACHES ZUCCHINI CAULIFLOWER TATOR TOTS WG DINNER ROLL 1% MILK	TURKEY SANDWICH SWEET POTATO FRIES APPLE SLICES WG BREAD 1% MILK
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk	WG CRACKERS 1% MILK	BOILED EGG 1% MILK	REFRIED BEANS WHOLE CORN TORTILLA CHIIPS 1% MILK	PINEAPPLE CHUNKS 1% MILK	WG SOFT PRETZEL MARINARA SAUCE 1% MILK

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SITE NAME

WEEK 5	MONDAY 30	TUESDAY 31	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST • Grains, or meat/meat alternate (no more than 3 times per week) • Vegetables or Fruits • Fluid Milk • Other Foods	CENTER CLOSED FOR HOLIDAY	COLD CEREAL -General Mills Multigrain Cheerios PEACH SLICES 1% MILK				
LUNCH • Meat or meat alternate • Vegetables •Fruits/Veg • Grains • Fluid Milk • Other Foods		TUNA PATTY TROPICAL FRUIT CAULIFLOWER & BROCCOLI WG BREAD STICK 1% MILK	D-10			
SNACK (Select two of these five components) • Meat or meat alternate • Vegetables • Fruits • Grains • Fluid Milk		WG ROLL 1% MILK				

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