9/16/19

 **SLHDA** **Early Head Start-Child Care Menu 1 to 2 Years Winter Week 1**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg****½ cup** | Chopped Pineapples |  | Chopped Cantaloupeor Chopped Canned Apricots  |  | ChoppedMandarin Oranges |  | Applesauce |  | Chopped Melon |  |
| **Grain****½ slice or ⅓ cup cereal** | Whole Grain Toast  |  | Toasted Whole Grain English Muffin Strips  |  | Cream of Wheat |  | Whole GrainToast Squares |  | WheatiesChopped Apple Cinnamon Wraps  |  |
|  | Chopped Scrambled Egg |  | - |  | - |  | Chopped Egg |  | - |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein****1 oz.****Grain****½ slice** | Tomato OR Vegetable SoupGrilled Cheese onWhole Grain Bread |  | Chopped Chickenand GravyORWimpie on Whole Grain Bun |  | Chopped Beef ORChopped Chickenwith BrothNoodles OR Brown Rice OR Barley OR Tortellini |  | Chopped PorkGravyWhole Grain Bread |  | Whole GrainMacaroni & CheeseChopped Ham ORChopped Turkey |  |
| **Fruit/Veg****2- 1/8 cups** | Chopped Cooked Mixed Vegetables(No Corn) |  | Chopped Green Beans ORChopped Beets |  | Chopped Soup Veg(No Corn) |  | Chopped Potato Chopped Brussel Sprouts |  | Chopped Broccoli |  |
|  | Peeled & ChoppedFresh Apple OR Applesauce |  | Chopped Grapes |  | Banana |  |  Peeled & Chopped Pears & Kiwi |  | Chopped Oranges,Honeydew, Mango |  |
|  | - |  | - |  | Whole Grain Roll |  | - |  | - |  |
| **Milk 4 oz** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack****Select 2** |  |  |  |  |  |  |  |  |  |  |
| **Protein****½ oz.****Grain****½ slice****Fruit/Veg****¼ cup****Milk 4 oz** | Cheerios(Original)Milk |  | CinnamonWhole Grain ToastOr BreadMilk |  | Chopped PeachesYogurtWater |  | Corn ChexMilk |  | Graham CrackersMilk |  |

 **Unflavored Whole Milk- ½ cup (4 oz.) Breakfast, Lunch, Snack Ann McKenna MS RDN LDN**

9/16/19

**SLHDA Early Head Start-Child Care Menu 1 to 2 Years Winter Week 2**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg****½ cup** | Peeled and Chopped Apple Slices |  |  Banana |  | Chopped Mixed Fresh Fruit |  | Chopped Grapes |  | ChoppedMandarin Oranges |  |
| **Grain****½ slice or ⅓ cup cereal** | Whole Grain Toast  |  | Total CerealOatmeal Muffin |  | Graham Crackers  |  | Oatmeal |  | Whole Grain English Muffin |  |
|  | Chopped Egg |  | - |  | Chopped Egg |  |  |  |  |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein****1 oz.****Grain****½ slice** | Double Cheese WG Pizza ORStromboli |  | Chopped Ravioli & Meat Sauce ORChopped Lasagna |  | Chopped ChickenGravyBrown Rice OR Quinoa OR Chopped Noodles |   | Chopped FishORChopped Beef Whole Grain Bread |  | Chopped SausageChopped Pancakes OR Chopped Egg and Whole GrainToast |  |
| **Fruit/Veg****2- 1/8 cups** | ChoppedGreen Beans orVery FinelyChoppedCucumbers |  | Chopped Zucchini And TomatoORChopped Spinach |  | Chopped Carrots |  | Chopped Pierogies OR PotatoesChopped Mixed Vegetables (No Corn) |  | Chopped Potatoes & Peppers |  |
|  | Chopped Peaches |  | Chopped Pineapple & Berries |  | Peeled & ChoppedMangoes & Kiwi |  | Chopped Pears |  | Chopped Melon  |  |
|  |  |  | - |  |  |  |  |  | - |  |
| **Milk 4 oz** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack****Select 2** |  |  |  |  |  |  |  |  |  |  |
| **Protein****½ oz.****Grain****½ slice****Fruit/Veg****¼ cup****Milk 4 oz** | Chopped Fresh OrangeYogurtWater |  | Whole Grain Toast or Bread SquaresMargarine or Peanut ButterMilk |  | Cheese Strips ORHummusWhole Grain CrackersMilk |  | ApplesauceGraham CrackersMilk |  | Life Cereal (Original)Milk |  |

 **Unflavored Whole Milk- ½ c. (4 oz.) Breakfast, Lunch, Snack Ann McKenna MS RDN LDN**

9/16/19

**SLHDA Early Head Start-Child Care Menu 1 to 2 Years Winter Week 3**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg****½ cup** | Chopped Fresh Orange |  |  Peeled & Chopped Apples  |  | ChoppedMangoes |  | Chopped Pineapples |  | Banana |  |
| **Grain****½ slice or ⅓ cup cereal** |  Whole GrainToast |  | Wheat Chex ORLife Cereal (Original) |  | Whole Grain BagelCream CheeseORWhole Grain Toast  |  | Cream of Wheat  |  | Whole Grain English Muffin |  |
|  | Chopped Egg |  | - |  | - |  | - |  | Chopped Egg |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  |  Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein****1 oz.****Grain****½ slice** | Chopped Beef ORChopped Chickenwith Gravy or SauceWhole Grain Bread |  | Chopped Turkeyburger  OR Cheeseburger Whole Grain Roll  |  | Chopped Chickenwith Gravy or SauceBrown Riceor Quinoa |  | Meat Sauce or Chopped Meatballs Whole Grain Pasta  |  | ChoppedFishWhole Grain Bread |  |
| **Fruit/Veg****2- 1/8 cups** | Chopped Wax Beans |  | Chopped Sweet PotatoesORChopped Baked Beans |  | Chopped Romano Green Beans |  | Chopped Cooked ZucchiniorChopped Broccoli |  | Creamed Corn |  |
|  | Peeled and Chopped Fresh or Canned Pears |  | Chopped Fresh Grapes |  | ChoppedFresh Fruit and Berry Mix |  |  Chopped Peaches and Pears |  | ChoppedVegetable Mix(No Corn) |  |
|  | - |  | - |  | - |  | - |  | Ice Cream |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack****Select 2** |  |  |  |  |  |  |  |  |  |  |
| **Protein****½ oz.****Grain****½ slice****Fruit/Veg****¼ cup****Milk 4 oz** | Multigrain Cheerios Milk |  | Chopped Fruit Cup:Banana, Pineapples and PeachesMilk |  | KIX CerealMilk |  | Hummus or Guacamole Soft Taco PiecesMilk |  | Applesauce Animal Crackers (Optional)Milk |  |

 **Unflavored Whole Milk- ½ c. (4 oz.) Breakfast, Lunch, Snack Ann McKenna MS RDN LDN**

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 **SLHDA Early Head Start-Child Care Menu 1 to 2 Years Winter Week 4**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg****½ cup** | Chopped Mandarin Oranges |  | Chopped Melonor Apricots |  | Banana |  | Chopped Fresh Grapes |  | Peeled and ChoppedFresh or Canned Pears |  |
| **Grain****½ slice or ⅓ cup cereal** | Whole Grain Toast  |  | Whole GrainCrackers |  | Toasted Whole GrainEnglish Muffin StripsORMultigrain Cheerios |  | Whole Grain Toast |  | OatmealOrLife Cereal (Original) |  |
|  | Chopped Egg |  | Cheese Strips |  | - |  | Chopped Egg |  | - |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein****1 oz.****Grain****½ slice** | VegetableOrDouble Cheese WG Pizza |  | Chopped Ham Whole Grain Rye Bread(Chopped Noodles when selected) |  | Chopped SausageChopped WG French Toast ORChopped Egg andWhole Grain Roll |  | Chopped Hamburger ORChickie JoesOnWhole Grain Bun |  | Chicken Soup (OPTIONAL)Chopped Fish ORChopped Philly Cheesesteakon Whole Grain Roll |  |
| **Fruit/Veg****2- 1/8 cups** | ChoppedCucumbers orChoppedCooked Carrots |  | Chopped Potatoes Chopped Cabbage |  | ChoppedCooked Caulifloweror Green Beans |  | ChoppedPotatoes |  | Chopped Broccoli and/or Cauliflower |  |
|  | Peeled & Chopped Baked or Fresh Apples |  | Applesauce |  | Fresh Chopped Strawberries orClementine |  | Chopped Beets |  | Chopped Pineapple |  |
|  | Fresh Yogurt |  | - |  | - |  | Ice Cream |  | Banana Pudding (Optional) |  |
| **Milk 4 oz** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack****Select 2** |  |  |  |  |  |  |  |  |  |  |
| **Protein****½ oz.****Grain****½ slice****Fruit/Veg****¼ cup****Milk 4 oz** | Puffed Wheat CerealMilk |  | Chopped Pears and KiwiMilk |  | Graham CrackersMilk |  | Chopped Fresh Fruit and BerriesMilk |  | Whole Grain Toast or Bread SquaresCream Cheese or MargarineMilk |  |

 **Unflavored Whole Milk- ½ c. (4 oz.) Breakfast, Lunch, Snack Ann McKenna MS RDN LDN**

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**SLHDA Early Head Start-Child Care Menu 1 to 2 Years Winter Week 5**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg****½ cup** | Chopped Peaches |  |   Chopped Clementine or Orange |  | Banana |  | Chopped Fresh Berriesor ChoppedFresh or Canned or Frozen Mangoes |  | Chopped Fresh Orange |  |
| **Grain****½ slice or ⅓ cup cereal** | (Oatmeal or Egg)Whole GrainToast Squares |  | WG Bagel withCream Cheese or Peanut Butter |  | Cheerios (Original)Blueberry or Corn Muffin |  | Whole Grain Crackers orWhole Grain Toast |  | Graham Crackers |  |
|  | Chopped Egg |  | - |  |  |  | Chopped Egg  |  | Yogurt |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein****1 oz.****Grain****½ slice** | Broccoli Soup(OPTIONAL)Chopped Ham on Rye or WG Bread |  | ChoppedChicken and GravyWhole Grain Bread |  | Chopped Fish andChopped Pierogies ORTuna on Whole Grain Roll |  | Meat SauceWhole Grain PastaCheese Strips |  | ChoppedTurkey or Chicken on Whole Grain Wrap |  |
| **Fruit/Veg****2- 1/8 cups** | Chopped CookedMixed Vegetables(No Corn) |  | Chopped Sweet Potatoes ORFlavoredMashed Squash |  | Chopped Beets |  | Chopped Spinach |  | ChoppedGreen Beans |  |
|  | Chopped Pineapple and Kiwi |  | Peas |  | Chopped Melon  |  | Fresh Strawberries or Peeled & Chopped Pears  |  | ChoppedFresh Grapes |  |
|  | - |  | Blueberry Cake(Optional) |  | - |  | - |  | Cereal Square (Optional)  |  |
| **Milk 4 oz** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack****Select 2** |  |  |  |  |  |  |  |  |  |  |
|  **Protein****½ oz.****Grain****½ slice****Fruit/Veg****¼ cup****Milk 4 oz** | WheatiesMilk |  |  Whole Grain Toastor BreadMilk |  | Applesauce Graham CrackersMilk |  | Rice Chex Milk |  | Peeled and Chopped Fresh CinnamonApple  Milk |  |

 **Unflavored Whole Milk- ½ c. (4 oz.) Breakfast, Lunch, Snack Ann McKenna MS RDN LDN**

8/19/19

**SLHDA Early Head Start-Child Care Menu 1 to 2 Years Winter Week 6**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg****½ cup** | Applesauce  |  | Chopped Fruit Mix |  | Chopped Clementine |  | Chopped Melon   |  | Chopped Peaches |  |
| **Grain****½ slice or ⅓ cup cereal** | Whole Grain Toastor Whole Grain Rye Toast |  | Life Cereal (Original) |  | Whole Grain Bagelor Whole Grain Toastwith Cream Cheese or Margarine |  | Whole Grain English Muffin |  | Cream of Wheat OROatmeal |  |
|  | Chopped Egg |  | - |  | - |  | Chopped Egg |  | - |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein****1 oz.****Grain****½ slice** | Chili and Brown Rice  ORWimpie on Whole Grain Roll |  | Chopped Ham Chopped WG French Toast or PancakesOR Chopped Egg& Whole Grain Toast |  | Chopped Meatloaf and Gravy and Potato or Root Veg. and Whole Grain Bread  OR Spanish Brown Rice |  | Chopped ChickenAnd GravyWhole Grain Breador Whole Grain Roll |  | Italian Minestra ORWhole Grain Pasta & Meat Sauce or Alfredo Sauce andCheese Strips |  |
| **Fruit/Veg****2- 1/8 cups** | Creamed Corn  |  | Chopped Potato |   | Chopped Brussels Sproutsor Cabbage |  | Chopped Potato Salad or Pasta SaladChopped Carrots |  | Chopped Romano Green Beans |  |
|  | Banana |  | Chopped Pears and Mangoes |  | Applesauce |  | Chopped Oranges& Pineapples  |  | Chopped Fresh Fruit & Berries  |  |
|  | Apple Crisp orPumpkin Dump Cake(Optional) |  | - |  |  |  | - |  | - |  |
| **Milk 4 oz** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack****Select 2** |  |  |  |  |  |  |  |  |  |  |
| **Protein****½ oz.****Grain****½ slice****Fruit/Veg****¼ cup****Milk 4 oz** | Fresh BerriesGraham CrackersMilk |  | Cheese StripsWhole Grain Crackers or Whole Grain Toast or BreadMilk |  |  Total CerealMilk |  | Animal CrackersorWhole Grain Cinnamon Toast or Bread SquaresMilk |  | Chopped Fresh OrangesYogurtWater |  |

 **Unflavored Whole Milk- ½ c. (4 oz.) Breakfast, Lunch, Snack Ann McKenna MS RDN LDN**