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  Cantaloupe  or Chopped Canned Apricots |  | Chopped  Mandarin Oranges |  | Applesauce |  | Chopped Melon |  |
| **Grain**  **½ slice or ⅓ cup cereal** | Whole Grain Toast |  | Toasted  Whole Grain  English Muffin Strips |  | Cream of Wheat |  | Whole Grain  Toast Squares |  | Wheaties  Chopped 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 Soup  Grilled Cheese on  Whole Grain Bread |  | Chopped Chicken  and Gravy  OR  Wimpie on  Whole Grain Bun |  | Chopped Beef OR  Chopped Chicken  with Broth  Noodles OR Brown Rice OR Barley  OR Tortellini |  | Chopped Pork  Gravy  Whole Grain Bread |  | Whole Grain  Macaroni & Cheese  Chopped Ham OR  Chopped Turkey |  |
| **Fruit/Veg**  **2- 1/8 cups** | Chopped  Cooked Mixed Vegetables  (No Corn) |  | Chopped  Green Beans  OR  Chopped Beets |  | Chopped  Soup Veg  (No Corn) |  | Chopped Potato  Chopped  Brussel Sprouts |  | Chopped Broccoli |  |
|  | Peeled & Chopped  Fresh 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 |  | Cinnamon  Whole Grain Toast  Or Bread  Milk |  | Chopped Peaches  Yogurt  Water |  | Corn Chex  Milk |  | Graham Crackers  Milk |  |

**Unflavored Whole Milk- ½ cup (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 2**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg**  **½ cup** | Peeled and Chopped  Apple Slices |  | Banana |  | Chopped  Mixed Fresh Fruit |  | Chopped Grapes |  | Chopped  Mandarin Oranges |  |
| **Grain**  **½ slice or ⅓ cup cereal** | Whole Grain Toast |  | Total Cereal  Oatmeal 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  OR  Stromboli |  | Chopped Ravioli  & Meat Sauce  OR  Chopped Lasagna |  | Chopped Chicken  Gravy  Brown Rice OR Quinoa OR  Chopped Noodles |  | Chopped Fish  OR  Chopped Beef  Whole Grain Bread |  | Chopped Sausage  Chopped Pancakes OR  Chopped Egg and Whole GrainToast |  |
| **Fruit/Veg**  **2- 1/8 cups** | Chopped  Green Beans or  Very FinelyChopped  Cucumbers |  | Chopped Zucchini  And Tomato  OR  Chopped  Spinach |  | Chopped  Carrots |  | Chopped Pierogies OR Potatoes  Chopped Mixed Vegetables (No Corn) |  | Chopped  Potatoes & Peppers |  |
|  | Chopped  Peaches |  | Chopped  Pineapple & Berries |  | Peeled & Chopped  Mangoes & 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 Orange  Yogurt  Water |  | Whole Grain Toast or Bread Squares  Margarine or  Peanut Butter  Milk |  | Cheese Strips OR  Hummus  Whole Grain Crackers  Milk |  | Applesauce  Graham Crackers  Milk |  | 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 |  | Chopped  Mangoes |  | Chopped  Pineapples |  | Banana |  |
| **Grain**  **½ slice or ⅓ cup cereal** | Whole GrainToast |  | Wheat Chex  OR  Life Cereal (Original) |  | Whole Grain Bagel  Cream Cheese  OR  Whole 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 OR  Chopped Chicken  with Gravy or Sauce  Whole Grain Bread |  | Chopped Turkeyburger  OR Cheeseburger  Whole Grain Roll |  | Chopped Chicken  with Gravy or Sauce  Brown Rice  or Quinoa |  | Meat Sauce  or  Chopped Meatballs  Whole Grain Pasta |  | Chopped  Fish  Whole Grain Bread |  |
| **Fruit/Veg**  **2- 1/8 cups** | Chopped Wax Beans |  | Chopped  Sweet Potatoes  OR  Chopped  Baked Beans |  | Chopped  Romano Green Beans |  | Chopped  Cooked Zucchini  or  Chopped Broccoli |  | Creamed Corn |  |
|  | Peeled and Chopped  Fresh or Canned Pears |  | Chopped  Fresh Grapes |  | Chopped  Fresh Fruit  and Berry Mix |  | Chopped  Peaches and Pears |  | Chopped  Vegetable 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 Peaches  Milk |  | KIX Cereal  Milk |  | Hummus or Guacamole    Soft Taco Pieces  Milk |  | 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 Melon  or Apricots |  | Banana |  | Chopped  Fresh Grapes |  | Peeled and Chopped  Fresh or Canned Pears |  |
| **Grain**  **½ slice or ⅓ cup cereal** | Whole Grain Toast |  | Whole Grain  Crackers |  | Toasted Whole Grain  English Muffin Strips  OR  Multigrain Cheerios |  | Whole Grain Toast |  | Oatmeal  Or  Life Cereal (Original) |  |
|  | Chopped Egg |  | Cheese Strips |  | - |  | Chopped Egg |  | - |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein**  **1 oz.**  **Grain**  **½ slice** | Vegetable  Or  Double Cheese  WG Pizza |  | Chopped Ham  Whole Grain Rye Bread  (Chopped Noodles when selected) |  | Chopped Sausage  Chopped  WG French Toast  OR  Chopped Egg and  Whole Grain Roll |  | Chopped Hamburger OR  Chickie Joes  On  Whole Grain Bun |  | Chicken Soup (OPTIONAL)  Chopped Fish OR  Chopped  Philly Cheesesteak  on  Whole Grain Roll |  |
| **Fruit/Veg**  **2- 1/8 cups** | Chopped  Cucumbers or  Chopped  Cooked Carrots |  | Chopped Potatoes    Chopped Cabbage |  | Chopped  Cooked Cauliflower  or Green Beans |  | Chopped  Potatoes |  | Chopped  Broccoli and/or  Cauliflower |  |
|  | Peeled & Chopped  Baked or Fresh Apples |  | Applesauce |  | Fresh Chopped Strawberries or  Clementine |  | 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 Cereal  Milk |  | Chopped Pears  and Kiwi  Milk |  | Graham Crackers  Milk |  | Chopped  Fresh Fruit and Berries  Milk |  | Whole Grain Toast or Bread Squares  Cream Cheese or Margarine  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 5**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** |  | **Tuesday** |  | **Wednesday** |  | **Thursday** |  | **Friday** |  |
| **Breakfast** |  |  |  |  |  |  |  |  |  |  |
| **Fruit or Veg**  **½ cup** | Chopped Peaches |  | Chopped Clementine or Orange |  | Banana |  | Chopped  Fresh Berries  or Chopped  Fresh or Canned or Frozen Mangoes |  | Chopped Fresh Orange |  |
| **Grain**  **½ slice or ⅓ cup cereal** | (Oatmeal or Egg)  Whole Grain  Toast Squares |  | WG Bagel with  Cream Cheese or Peanut Butter |  | Cheerios (Original)  Blueberry or Corn Muffin |  | Whole Grain Crackers or  Whole 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 |  | Chopped  Chicken and Gravy  Whole Grain Bread |  | Chopped Fish and  Chopped Pierogies  OR  Tuna on  Whole Grain Roll |  | Meat Sauce  Whole Grain Pasta  Cheese Strips |  | Chopped  Turkey or Chicken  on  Whole Grain Wrap |  |
| **Fruit/Veg**  **2- 1/8 cups** | Chopped Cooked  Mixed Vegetables  (No Corn) |  | Chopped  Sweet Potatoes  OR  Flavored  Mashed Squash |  | Chopped  Beets |  | Chopped  Spinach |  | Chopped  Green Beans |  |
|  | Chopped  Pineapple and Kiwi |  | Peas |  | Chopped Melon |  | Fresh Strawberries  or Peeled & Chopped Pears |  | Chopped  Fresh 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** | Wheaties  Milk |  | Whole Grain Toast  or Bread  Milk |  | Applesauce  Graham Crackers  Milk |  | Rice Chex  Milk |  | Peeled and Chopped Fresh CinnamonApple    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 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 Toast  or  Whole Grain Rye Toast |  | Life Cereal (Original) |  | Whole Grain Bagel  or Whole Grain Toast  with Cream Cheese or Margarine |  | Whole Grain English Muffin |  | Cream of Wheat  OR  Oatmeal |  |
|  | Chopped Egg |  | - |  | - |  | Chopped Egg |  | - |  |
| **Milk 4 oz.** | Milk |  | Milk |  | Milk |  | Milk |  | Milk |  |
|  |  |  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |  |  |
| **Protein**  **1 oz.**  **Grain**  **½ slice** | Chili and Brown Rice  OR  Wimpie on  Whole Grain Roll |  | Chopped Ham  Chopped WG French Toast or Pancakes  OR Chopped Egg  & Whole Grain Toast |  | Chopped Meatloaf and Gravy and Potato or Root Veg. and  Whole Grain Bread  OR  Spanish Brown Rice |  | Chopped Chicken  And Gravy  Whole Grain Bread  or  Whole Grain Roll |  | Italian Minestra  OR  Whole Grain Pasta & Meat Sauce or  Alfredo Sauce and  Cheese Strips |  |
| **Fruit/Veg**  **2- 1/8 cups** | Creamed Corn |  | Chopped  Potato |  | Chopped  Brussels Sprouts  or Cabbage |  | Chopped  Potato Salad or Pasta Salad  Chopped Carrots |  | Chopped Romano Green Beans |  |
|  | Banana |  | Chopped Pears and Mangoes |  | Applesauce |  | Chopped Oranges  & Pineapples |  | Chopped  Fresh Fruit & Berries |  |
|  | Apple Crisp or  Pumpkin 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 Berries  Graham Crackers  Milk |  | Cheese Strips  Whole Grain Crackers  or  Whole Grain  Toast or Bread  Milk |  | Total Cereal  Milk |  | Animal Crackers  or  Whole Grain Cinnamon Toast or Bread Squares  Milk |  | Chopped Fresh Oranges  Yogurt  Water |  |

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