



# EARLY HEAD START PROGRAM – 2023-2024 SELF-PREP MENUS No Pork No Peanut

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate – 1 oz.</b>		Hard Boiled Egg** or Scrambled Egg**	*Turkey Sausage ** 1 oz.		Colby Cheese Slice** (1 oz.)
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Mandarin Oranges**	Diced Pears <i>mashed</i>		Applesauce	Fruit Cocktail** <i>Grapes cut in half</i>
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	Cinnamon Raisin Bread** 1 slice w/ <b>Low Fat Cream Cheese</b>	Pancake <i>w/Syrup (1tsp)</i> (100% whole grain)	Whole Grain Muffin** (50 gms or 1.8 oz.)	Oatmeal or Waffle** <i>w/Syrup (1tsp)</i>	100% Whole Grain Bread (1 slice)** <i>w/ Butter</i>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz	Baked Sliced Turkey** (2 oz.)	Tacos** (2 oz. ground beef) [shredded cheese, & mild salsa kept separately]	*Arroz Con Pollo **	Spaghetti w/Meatballs**	*Breaded Fish** <i>Ketchup/Mayo</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Fresh <i>Roasted or Steamed</i> Sweet Potatoes**	Creamed Corn (fresh/frozen, not canned)	Green Beans** (fresh/frozen, not canned)	<i>Roasted or Steamed</i> Cauliflower ** (fresh/ frozen, not canned)	Sautéed Spinach and Tomatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Apricots**	Sliced Apples**	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Carrots (fresh/frozen, not canned) <i>mashed or shredded</i>	Mandarin Oranges **
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	100% Whole Grain Bread ** <i>w/ Butter</i>	Soft Corn Tortilla ** [(25 gm or 0.9 oz.) 100% whole grain/enriched]	Brown Rice (in entrée) (100% whole grain)	Whole Wheat Spaghetti**	Soft Roll** [(25 gm or 0.9 oz.)100% whole wheat]
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz;					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz	Low Fat Fruit Yogurt 4 oz. cup			Sliced Turkey (1 oz.) **	
	<b>Vegetables</b> Ages 1-5: ½ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c	Tropical Mixed Fruit**	Pineapple Tidbits**	Peaches **	100% Grape Juice	1 Small Banana**
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c		Whole Grain Muffin ** (50 gm or 1.8 oz.)	Cheese Crackers ** (18 crackers or 20 gms or 0.7 oz.)	100% Whole Grain Bread (1 slice) ** <i>Mayo &amp; Mustard</i>	Cheerios Cereal ** (100% Whole Grain)
	<b>Water</b> Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

**IMPORTANT:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. \*\* Foods must be cut up for children 1-3 years of age. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). All food must be peanut and tree nut free. - Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.



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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate – 1 oz.</b>					Hard Boiled Egg** or Scrambled Egg**
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Pineapple Tidbits**	Tropical Mixed Fruit**	Banana **	Peaches**	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	Multi Grain Cheerios (100% whole grain)	French Toast** (1 slice) <i>w/ Syrup (1 tsp)</i>	Pancake ** (31 gm or 1.1 oz.)	Whole Grain Muffin ** (50 gm or 1.8 oz.)	100% Whole Grain Bread (1 slice)** <i>w/ Butter &amp; Jelly</i>
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz	*Vegetarian Chili w/ ½ cup of kidney, garbanzo, black bean & ¼ cup carrots, celery, red & green pepper) (at least ¾ Cup ages 1-5)	*Chicken Nuggets ** <i>Honey Mustard/Ketchup</i>	Turkey Cuban ** (Turkey, Swiss Cheese, Pickles)	*Spanish Chicken** (cooked with tomatoes & Onion)	*Salisbury Steak ** (see recipe list) w/ <i>Gravy</i>
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Creamed Corn (fresh/ frozen, not canned)	<i>Roasted or Steamed Broccoli **</i> (fresh/frozen, not canned)	Baked Sweet Potato Fries**	Sweet Plantains **	Green Peas and Carrots (fresh/frozen, not canned) <i>mashed</i>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Diced Pears**	Banana**	Peaches **	Fresh Oranges**	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (100% whole grain)	100% Whole Grain Bread **	100% Whole Grain Soft Roll ** (25 gm or 0.9 oz.) <i>Mayo &amp; Mustard</i>	Brown Rice (100% whole grain)	*Macaroni & Cheese <i>Mashed</i> (100% whole wheat pasta)
<b>SNACK</b>	<b>Milk</b> Ages 1-5: four oz;					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.	Cheddar Cheese Slice**			Low Fat Fruit Yogurt 4 oz	Sliced Deli Turkey **
	<b>Vegetable</b> Ages 1-5: ½ c					
	<b>Fruit/Juice</b> Ages 1-5: ½ c		Mandarin Oranges**	Applesauce	Fruit Cocktail** <i>Grapes cut in half</i>	100% Orange Juice
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving,	Ritz Crackers ** (4 crackers, 20 gm, or 0.7 oz.)	Whole Grain Muffin ** (31 gm or 1.1 oz.)	Multigrain Cheerios**		Whole Wheat Bread** (100% whole grain) <i>Mayo &amp; Mustard</i>
	<b>Water</b> Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

**IMPORTANT:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. Caterer must supply this documentation to institution/facility. \*\* Foods must be cut up for children 1-3 years of age. When a drink is not specifically listed with a snack, water is recommended as a beverage. (Note: water is NOT a creditable food item). All food must be peanut and tree nut free. - Alternate item for sites that do not have re-heating capacity. Refer to the Child Care Food Program Meal Pattern for Children (Attachment 1) when planning portion sizes for age groups specified in this contract. Milk must be served with every breakfast, lunch and supper meal. Milk must be served with snack when indicated. Children one year of age must be served unflavored whole milk. Children two through five years old must be served either unflavored low fat (1 percent) or unflavored fat free (skim) milk. **Children 1-5 years old:** Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of Vitamin C. Fruit juice must not be served more than once a day.



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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate – 1 oz.</b>		*Turkey Sausage** 1 oz.			Scrambled Eggs**
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Peaches **	Mandarin Oranges **	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Applesauce	1 Small Banana **
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	Original Cheerios (100% whole grain)	Pancake** (100% whole grain) w/ <b>Butter</b>	Wheat Chex Cereal ** (100% whole grain)	Whole Grain Muffin** (50 gm or 1.8 oz.)	French Toast** (1 slice) w/ <b>Syrup (1 tsp)</b>
LUNCH	<b>Milk</b> Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz	Chicken Tetrzzini**	Seasoned Black Beans (at least ¾ C ages 1-5)	*Turkey Meatloaf ** <b>Ketchup</b>	*Chicken and Bean Enchilada Bake** (see recipe list)	*Beefaroni**
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Green Beans** (fresh/frozen, not canned)	Carrots (fresh/frozen, not canned) <b>mashed or shredded</b>	Fresh Mashed Sweet Potato (fresh/frozen, not canned)	Zucchini, Corn & Tomatoes**	Sweet Green Peas (fresh/frozen, not canned) <b>mashed</b>
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Diced Pears**	Apple Slices**	Apricots**	Tropical Mixed Fruit**	Peaches**
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Whole Wheat Shell Pasta (in entrée)	Yellow Brown Rice (100% whole grain)	100% Whole Grain Bread**	Soft Corn Tortilla** (25 gm or 0.9 oz.)whole grain or enriched]	100% Whole Grain Pasta (in entrée)
SNACK	<b>Milk</b> Ages 1-5: four oz;					Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz			Low Fat Fruit Yogurt 4 oz. cup	Mozzarella Cheese (in entrée)	
	<b>Vegetable</b> Ages 1-5: ½ c					Mandarin Oranges**
	<b>Fruit/Juice</b> Ages 1-5: ½ c	100% Orange Juice	Tropical Mixed Fruit**		100% Grape Juice	
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	100% Whole Grain Bread w/ <b>Jelly</b> ** Ages 1-5: 1 slice	Grape-Nuts Cereal ** (100% whole grain)	Cinnamon Raisin Bread ** (100% whole grain) (1 slice; plain, no icing) w/ <b>Butter</b>	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Animal Crackers ** [[15 crackers, 25 gm or 0.9 oz.)100% whole grain]
	<b>Water</b> Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate – 1 oz.</b>	Turkey Bacon**		Provolone Cheese Slice** (1 oz.)		*Turkey Sausage** 1 oz.
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Applesauce	Fruit Cocktail ** <i>Grapes cut in half</i>	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Pineapple Tidbits **	1 Small Banana **
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ c	Grits <i>w/Butter</i> (50 gm or 1.8 oz.) or Pancake <i>w/Syrup (1 tsp)</i>	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread ** (1 slice) <i>w/ Butter</i>	Whole Grain Muffin** (50 gm or 1.8 oz.)	Waffle ** (31 gm or 1.1 oz.)
LUNCH	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz.	BBQ Chicken**	Sloppy Joe ** w/Ground Turkey	*Jerk Chicken ** (mild)	*Picadillo Ground Chuck (Diced olives, 2 oz. For 1-2 yrs. and 3 oz. for 3-5 yrs.)	Tuna Salad Sandwich**
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Mixed Vegetables** (carrots, cauliflower, broccoli fresh/frozen, not canned)	Roasted or Steamed Sweet Potato Wedges **	Roasted or Steamed Squash ** (Acorn, Winter or Butternut)	Sweet Plantains **	*Chick Pea Salad** w/ Olive Oil & Red Pepper
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Tropical Mixed Fruit**	Sliced Apple**	Orange Slices **	Apricots**	Mandarin Oranges **
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Moros <i>mashed</i> (Black Beans & 100% whole grain Brown Rice)	Dinner Roll** (25 gm or 0.9 oz.) (100% Whole Grain) <i>Mustard, Mayo, Ketchup</i>	*Jamaican Pigeon Peas and Brown Rice <i>mashed</i> (100% whole grain)	Brown Rice (100% whole grain)	Whole Wheat Bread** (100% whole grain)
SNACK	<b>Milk</b> Ages 1-5: four oz.;					Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.	Low Fat Fruit Yogurt 4 oz.			Cheese Stick **	
	<b>Vegetable</b> Ages 1-5: ½ C;					
	<b>Fruit/Juice</b> Ages 1-5: ½ c	Peaches**	Diced Pears**	100% Orange Juice		
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ⅓ C		100% Whole Grain Bread ** Ages 1-5: 1 slice	Wheat Chex Cereal	100% Whole Grain Crackers ** (4 round, 20 gm or 0.7 oz.)	Multi Grain Cheerios Cereal
	<b>Water</b> Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water






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Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.		*Turkey Sausage** 1 oz.			Scrambled Eggs **
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches **	Diced Pears**	Pineapple Tidbits**	1 Small Banana**	Applesauce
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bread ** (1 slice) w/ <b>Butter</b>	French Toast** (1 slice) w/ <b>Syrup (1 tsp)</b>	Whole Grain Muffin ** (50 gm or 1.8 oz.)	Waffle ** (31 gm or 1.1 oz.)
LUNCH	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz.	Baked Sliced Turkey **	*Ground Beef Stroganoff **	*Pasta & Meat Sauce with Ground Turkey	Brown Stew Chicken **	*Cheese Pizza**
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Steamed Broccoli**	Mixed Vegetables** (carrots, cauliflower, broccoli fresh/frozen, not canned)	Steamed Carrots** (fresh/frozen, not canned)	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Green Beans** (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Applesauce**	Tropical Mixed Fruit **	Apricots**	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Peaches **
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	100% Whole Grain Bread **	Brown Rice (100% whole grain)	Elbow Macaroni Pasta (Whole Wheat)	*Jamaican Pigeon Peas & Brown Rice <b>mashed</b> (100% whole grain)	Pizza Crust ** (in entrée)
SNACK	Milk Ages 1-5: four oz.;					
	Meat/Meat Alternate Ages 1-5: ½ oz.			Low Fat Fruit Yogurt 4 oz	Mozzarella Cheese (in entrée)	
	Vegetable Ages 1-5: ½ C;					
	Fruit/Juice Ages 1-5: ½ c	Mandarin Oranges**	Apple Sauce		100% Orange Juice	Tropical Mixed Fruit **
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ C	Animal Crackers** [(15 crackers, 25 gm or 0.9 oz.)100% whole grain]	Cornbread** (31 gm or 1.1 oz.)	Graham Crackers** (4 squares, 25 gm or 0.9 oz.)	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Whole Grain Muffin** (50 gm or 1.8 oz.)
	Water Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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		TUESDAY	MONDAY	WEDNESDAY	TUESDAY	THURSDAY
<b>Special Menu for Holidays &amp; Celebrations</b>		<b>Hispanic Heritage</b> <u>October 10, 2023</u>	<b>Thanksgiving</b> <u>November 13, 2023</u>	<b>December Holiday</b> <u>December 20, 2023</u>	<b>Black History</b> <u>February 20, 2024</u>	<b>Easter</b> <u>March 21, 2024</u>
						
<b>LUNCH</b>	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz.	*Cuban Beef Stew** w/ Potatoes cooked in tomato sauce	Oven Roasted Sliced Turkey Breast **	Oven Roasted Sliced Turkey Breast **	Oven Fried Chicken **	Lemon Pepper Baked Chicken **
	<b>Vegetable</b> Ages 1-5: ¼ c; (Double portion for salads)	Sweet Plantains **	<i>Roasted or Steamed</i> Sweet Potatoes <i>mashed</i> (fresh/frozen, not canned)	Green Beans <i>mashed</i> (fresh/ frozen, not canned) cooked in chicken broth	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Sweet Green Peas <i>mashed</i> (fresh/ frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Tropical Mixed Fruit**	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Mixed Berries **	Peaches**	Apricots**
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Yellow (Brown) Rice	Cornbread Stuffing (Whole Grain Cornmeal)	*Whole Wheat Macaroni & Cheddar Cheese**	Corn bread ** (Whole Grain Cornmeal) (31 gm or 1.1 oz.)	100% Whole Wheat Dinner Roll ** (25 gm or 0.9 oz.)
	<b>Other</b>	Rice Pudding	Apple Pie**	Strawberry Shortcake**	Sweet Potato Pie**	Coconut Cake **
	<b>Water</b> Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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