



# EARLY HEAD START PROGRAM – 2024-2025 MENUS **No Pork No Peanut**

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.		Hard Boiled Egg **	*Turkey Sausage ** 1 oz. Cheddar Cheese Slice ✓		Colby Cheese Slice ** (1 oz.)
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Mandarin Oranges **	Diced Pears <i>mashed</i>	100% Grape Juice	Baked Apples <i>mashed</i> (No raisins)	Fruit Cocktail ** <i>Grapes cut in half</i>
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Oatmeal WG Bread ** 1 slice w/ <b>Low Fat Cream Cheese &amp; Jelly</b>	Multi Grain Cheerios (100% whole grain)	Bran Muffin ** (50 gms or 1.8 oz.)	Total Whole Grain Cereal (100% whole grain)	100% Whole Grain Bread (1 slice) ** <b>w/ Butter</b>
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	**Lentil Soup (Thick) (2 oz. Lentils & Carrots)	Tacos ** (2 oz. ground beef) [shredded cheese, & mild salsa kept separately]	*Arroz Con Pollo **	*Turkey Meatloaf **	*Breaded Fish ** <b>Ketchup/Mayo</b>
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Fresh Roasted Sweet Potatoes**	Creamed Corn (fresh/frozen, not canned)	Green Beans ** (fresh/frozen, not canned)	Roasted Yellow Squash ** (fresh/ frozen, not canned)	Sautéed Spinach and Tomatoes
	Fruit or Vegetable Ages: 1-18: ¼ c	Mandarin Oranges **	Shredded Lettuce	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	Green Peas & Carrots (fresh/frozen, not canned) <i>mashed</i>	Steamed Cabbage w/Onions, Green & Red peppers **
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (in entrée) (100% whole grain)	Soft Corn Tortilla ** [(25 gm or 0.9 oz.) 100% whole grain/enriched]	Brown Rice (in entrée) (100% whole grain)	100% WG Bread**	Soft Roll ** [(25 gm or 0.9 oz.)100% whole wheat]
SNACK	Milk Ages 1-5: four oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz	Low Fat Vanilla Yogurt 4 oz. cup			Hummus (1 oz.) **	
	Vegetables Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	Tropical Mixed Fruit **	Pineapple Tidbits **	Peaches **		1 Medium Banana **
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c		Carrot Muffin ** (50 gm or 1.8 oz.)	Cheese Crackers ** (18 crackers or 20 gms or 0.7 oz.)	Ritz Crackers ** (4 crackers, 20 gm, or 0.7 oz.)	Cheerios Cereal ** (100% Whole Grain)
	Water 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 Textured Vegetable Protein (TVP), Product Formulation Statement (PFS), or standardized recipe MUST be kept on file. 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
BREAKFAST	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.			Breakfast Sausage**		1 Hard Boiled Egg **
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Pineapple Tidbits **	Tropical Mixed Fruit **	1 Small Banana **	Peaches **	100% Orange Juice
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Multi Grain Cheerios (100% whole grain)	Cinnamon Bread ** (1 slice) w/ <b>Low fat Cream Cheese</b>	100% Whole Grain Waffle ** (31 gm or 1.1 oz.) Wheat Chex Cereal ✓	Carrot Muffin ** (50 gm or 1.8 oz.)	Wheat Chex Cereal (100% whole grain)
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 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 (Strips) **	Turkey Cuban ** (Turkey, Swiss Cheese, Pickles)	*Spanish Chicken ** (cooked with tomatoes & Onion)	*Salisbury Steak ** (see recipe list) w/ <b>Gravy</b>
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Creamed Corn (fresh/ frozen, not canned)	Steamed Broccoli **	*Lentil Soup (1/2 cup -¼ cup diced carrots and celery and ¼ oz. lentils)	Sweet Plantains **	Green Peas and Carrots (fresh/frozen, not canned) <i>mashed</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Diced Pears **	Oven Baked Sweet Potato Fries **	Sliced Tomato & Cucumber **1/2 cup	Steamed Cabbage w/Green Peppers ** (fresh/ frozen, not canned)	Seasonal Fresh Fruit** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)
	Grains/Breads 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.) <b>Mayo &amp; Mustard</b>	Brown Rice (100% whole grain)	*Macaroni & Cheese <i>Mashed</i> (100% whole wheat pasta)
	Milk Ages 1-5: four oz;					
SNACK	Meat/Meat Alternate Ages 1-5: ½ oz.	Sun Nut Butter 1 oz			Low Fat Vanilla Yogurt 4 oz	Sliced Deli Turkey **
	Vegetable Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c		Mandarin Oranges **	Applesauce	1 Small Banana **	
	Grains/Breads Ages 1-5: ½ slice/serving,	Ritz Crackers ** (4 crackers, 20 gm, or 0.7 oz.)	Corn Muffin ** (31 gm or 1.1 oz.)	Multigrain Cheerios		Whole Wheat Bread ** (100% whole grain) <b>Mayo &amp; Mustard</b>
	Water Ages 1-2: ½ C; Ages 3-5: ¾ C	Water	Water	Water	Water	Water

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Week Three		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. ✓ Swiss Cheese Slice			1 Hard Boiled Egg **
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches **	Mandarin Oranges **	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Baked Apples <i>mashed</i>  (No raisins)	1 Small Banana **
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Original Cheerios (100% whole grain)	Whole Wheat Bread** (100% whole grain) (1 slice) <b>w/ Butter</b>	Wheat Chex Cereal ** (100% whole grain)	Blueberry Muffin ** (50 gm or 1.8 oz.)	Oatmeal WG Bread ** (1 slice) <b>w/ Low Fat Cream Cheese &amp; Jelly</b>
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	*Seasoned Black Beans (at least 3/4 C ages 1-5)	*Sloppy Joe	*Oven Roasted Turkey Breast Slice **	*Lemon Pepper Baked Chicken **	*Beef Lasagna **
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Corn & Tomatoes **	*Split Pea Soup	Fresh Mashed Sweet Potato (fresh/frozen, not canned)	Glazed Carrots ** (fresh/frozen, not canned)	Sweet Green Peas (fresh/frozen, not canned) <i>mashed</i>
	Fruit or Vegetable Ages: 1-18: ¼ c	Pineapple Tidbits **	Roasted Red Potatoes **	Green Beans ** (fresh/frozen, not canned)	Steamed Fresh Spinach	Diced Pears **
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	Yellow Brown Rice (100% whole grain)	100% Whole Wheat Dinner Roll ** (25 gm or 0.9 oz.) (Ketchup)	100% Whole Grain Bread **	Brown Rice (100% whole grain)	100% Whole Grain Pasta (in entrée)
SNACK	Milk Ages 1-5: four oz;					Milk
	Meat/Meat Alternate Ages 1-5: ½ oz			Low Fat Strawberry Yogurt 4 oz. cup	Mozzarella Cheese ** (in entrée)	
	Vegetable Ages 1-5: ½ c					
	Fruit/Juice Ages 1-5: ½ c	100% Orange Juice	Tropical Mixed Fruit **		100% Grape Juice	
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	100% Whole Grain Bread w/ <b>Jelly</b> ** Ages 1-5: 1 slice	Cinnamon Bread ** (1 slice; / <b>Low Fat Cream Cheese</b>	Whole Grain Crackers **	* Corn Cheese Arepa ** (44 gm or 1.5 oz.)	Animal Crackers ** 5 crackers, 25 gm or 0.9 oz.)100% whole grain]
	Water 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	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.			Provolone Cheese Slice ** (1 oz.)		*Turkey Sausage ** 1 oz. ✓ Muenster Cheese
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Applesauce	Fruit Cocktail ** Grapes cut in half	Seasonal Fresh Fruit ** cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/oranges)	Pineapple Tidbits **	1 Small Banana **
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c	Carrot Muffin** (50 gm or 1.8 oz.)	Multi Grain Cheerios (100% whole grain)	100% Whole Grain Bread ** (1 slice) w/ <b>Butter</b>	Bran Muffin ** (50 gm or 1.8 oz.)	WG Waffle ** (31 gm or 1.1 oz.) ✓ Total Whole Grain Cereal
LUNCH	Milk Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz.	*Red Beans & 100% whole grain Brown Rice	*Oven Roasted Turkey **	*Jerk Chicken ** (mild)	*Beef Stir Fry (2 oz. For 1-2 yrs)	*Tuna Salad Sandwich **
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Sliced Carrots** (fresh/frozen, not canned)	Roasted Sweet Potato Wedges **	Roasted Squash ** (Acorn, Winter or Butternut)	Stir Fry Vegetables ** (bell pepper, snow peas, onion, broccoli, carrot in entrée)	½ cup Salad ** (Tomato, Cucumber) w/ <b>Low Fat Ranch dressing</b>
	Fruit or Vegetable Ages: 1-18: ¼ c	Steamed Fresh Spinach	Mixed Vegetable **	Green Beans ** (fresh/frozen, not canned)	Apple Sauce	*Lentil Soup  (1/2 cup -¼ cup diced carrots and celery and ¼ oz. lentils)
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	Brown Rice (100% whole grain) (in entrée)	Dinner Roll** (25 gm or 0.9 oz.) (100% Whole Grain) <b>Mustard, Mayo, Ketchup</b>	*Jamaican Pigeon Peas and Brown Rice <b>mashed</b> (100% whole grain)	Egg Noodles** (100% whole grain)	Whole Wheat Bread** (100% whole grain)
SNACK	Milk Ages 1-5: four oz.;					
	Meat/Meat Alternate Ages 1-5: ½ oz.	Low Fat Vanilla Yogurt 4 oz.			Cheese Stick **	
	Vegetable Ages 1-5: ½ C;					
	Fruit/Juice Ages 1-5: ½ c	Peaches **	Diced Pears **	100% Orange Juice		Diced Pears
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ C		100% Whole Grain Bread ** Ages 1-5: 1 slice	Wheat Chex Cereal	Whole Wheat Tortilla**	Zucchini 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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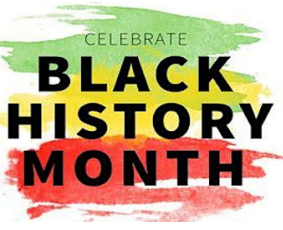

Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate – 1 oz.		*Turkey Sausage** 1 oz. √Swiss Cheese			1 Hard Boiled Egg **
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Peaches **	Diced Pears**	Pineapple Tidbits**	1 Banana **	Applesauce
	Grains/Breads Ages 1-5: ½ slice/serving, ⅓ c Ages 6-18: 1 slice/serving, ¾ c	Total Whole Grain Cereal (100% whole grain)	WG Flatbread ** (25 gm or 0.9 oz.)	Original Cheerios (100% whole grain)	Bran Muffin ** (50 gm or 1.8 oz.)	100% Whole Grain Bread ** (1 slice) w/ Butter
LUNCH	Milk Ages 1-5: six oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-5: 1 ½ oz	*Baked BBQ Beans (mashed)	*Haitian Beef Stew** (Bouyon Bef) (w/2 oz. beef cubes, carrots, & Malanga)	*Tuna Salad **	*Brown Stew Chicken **	*Spaghetti & Meat Balls (2 oz.)** with Ground Turkey
	Vegetable Ages 1-5: ¼ c; (Double portion for salads)	Steamed Broccoli **	Steamed Spinach **	* Apple Carrot Slaw ** (No raisins)	Collard Greens (fresh/frozen, not canned) cooked in Chicken Broth	Green Beans ** (fresh/frozen, not canned)
	Fruit or Vegetable Ages: 1-18: ¼ c	Fruit Cocktail ** Grapes cut in half	*Sweet Plantain **	Potatoes O'Brien ** (Diced Potatoes, onions, red pepper & tomatoes)	Seasonal Fresh Fruit ** (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon – no bananas/apples/orange)	½ cup Salad** (Tomato, Cucumber) Without skin w/ Low fat Ranch Dressing
	Grains/Breads Ages 1-5: ½ slice/serving, ¼ c	*Macaroni and Cheese Mashed (made / whole grain pasta)	Brown Rice (100% whole grain)	Soft Roll ** [(25 gm or 0.9 oz.)100% whole wheat	*Jamaican Pigeon Peas & Brown Rice mashed (100% whole grain)	Spaghetti** (made / whole wheat pasta) 100% whole wheat]
SNACK	Milk Ages 1-5: four oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz			Low Fat Blueberry 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]	Unsweetened 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.)	Carrot 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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		Hispanic Heritage <i>October 11, 2024</i>	Thanksgiving <i>November 15, 2024</i>	December Holiday <i>December 13, 2024</i>	Black History <i>February 21, 2025</i>	Easter <i>March 21, 2025</i>
Special Menu for Holidays & Celebrations						
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.	*Ropa Vieja (shredded beef stew) **	*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 **	Roasted 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	Roasted Carrots ** (fresh/frozen, not canned)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Roasted Zucchini **	Steamed Fresh Spinach	Glazed Carrots ** (fresh/ frozen, not canned)	Mashed Potatoes	Sweet Green Peas <i>mashed</i> (fresh/ frozen, not canned)
	<b>Grains/Breads</b> Ages 1-5: ½ slice/serving, ¼ c	Yellow (Brown) Rice	*WG Cornbread Stuffing	*Whole Wheat Macaroni & Cheddar Cheese **	*WG Corn bread **  (31 gm or 1.1 oz.)	100% Whole Wheat Dinner Roll **  (25 gm or 0.9 oz.)
	<b>Other</b>	Tres Leches **	Pumpkin Pie **	Apple Pie **	Peach Cobbler **	Banana Pudding **
	<b>Water</b> Ages 1-2: ½ cup; Ages 3-5: ¾ cup	Water	Water	Water	Water	Water

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