

KIDCO CHILDCARE HEAD START(HS) / EARLY HEAD START(EHS) CATERING CYCLE MENU-PROGRAM YEAR 2011-2012

CYCLE I

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit or Juice	Fruit or Juice	Fresh Apple Slices *Applesauce	Strawberries *Cut in bite size pieces Bananas and Raisins in Cream of Wheat	Mandarin Oranges *Cut in bite size pieces	Tropical Fruit Cup *Cut in bite size pieces	Apricot Halves *Cut in bite size pieces Banana and Raisins(pureed) in Oatmeal
Protein Rich Food (Optional)	Protein Rich Food (Optional)			Egg Whites Scrambled Hash Browns *Cut into bite size pieces		
Bread OR Cold Cereal Hot cooked cereal	Bread OR Cold Cereal Hot cooked cereal	Multi-Grain Cheerios	Cream of Wheat with cooked Bananas and Raisins Cranberry Muffin *Cut in bite size pieces Total Cereal	Pumpnickel Bread *Cut in bite size pieces	Apple Muffin *Cut in bite size pieces Total Cereal	Oatmeal with Bananas and Raisins
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate	Meat or Meat Alternate	Chicken Nuggets (CN) *Cut in bite size pieces	Lasagna w/Sodium-Free Tomato sauce *Cut in bite size pieces	Sloppy Joe Sandwich Made with Lean Ground Turkey *Cut in bite size pieces	Meat loaf w/Tomato Sauce & Sautéed Chopped Mushrooms *Cut in bite size pieces	Chicken & Vegetable Stir-Fry *Cut in bite size pieces
Vegetable	Vegetable	Yellow Squash (in Mac & Cheese)	Cream of Broccoli Soup	Frozen Mixed Vegetables *Green Peas (Mashed)	Cauliflower Mash	Red, Yellow Peppers and Spinach (in stir-fry)
Vegetable OR Fruit	Vegetable OR Fruit	Red Lentils	Lettuce w/Sliced Yellow Peppers & Low-fat Ranch Dressing *No Salad	Au Gratin "Potatoes" (cauliflower and white beans) *Cut in bite size pieces	Butternut Squash *Cut in bite size pieces	Black-eyed Peas Cooked in Sodium-Free Turkey Broth *Mashed
Bread Rice/Pasta	Bread Rice/Pasta	Whole Grain Macaroni & Cheese with Yellow Squash *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Whole Wheat Bun *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Brown Rice
Other	Other	Honey Mustard Dressing	Pear Halves *Cut in bite size pieces		Pineapple Tidbits *Cut in bite size pieces	
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
SNACK Bread Milk, Fruit, Juice, Meat, Vegetable	Bread Milk, Fruit, Juice, Meat, Vegetable	Cream Cheese *American Cheese Slice-Low Sodium *Cut in bite size pieces Cinnamon Raisin Bread *Cut in bite size pieces	Animal Crackers Low-Fat Yogurt	Blueberry Muffin *Cut in bite size pieces Total Cereal Fruit Cocktail Cut in bite size pieces *Cut grapes in half	Cornbread 1 Whole Banana	Zucchini Muffin *Cut in bite size pieces Total Cereal Pear *Diced Pear
Water	Water	Water	Water	Water	Water	Water

^All muffins are made with > 50% whole wheat flour and fortified with wheat germ.

* EHS Children and their caregivers; Toddlers age 2 and up will receive fat free milk.

Encourage children to taste all of the food on their plate.

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CYCLE II

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit or Juice	Fruit or Juice	Tropical Fruit Cup *Cut in bite size pieces	Peaches *Cut in bite size pieces	Mandarin Oranges *Cut in bite size pieces	Pineapple *Cut in bite size pieces	Banana and Raisins (pureed) in Oatmeal
Protein Rich Food (Optional)	Protein Rich Food (Optional)	Turkey *Low-fat American Cheese Slice- Low Sodium *Cut in bite size pieces				
Bread OR Cold Cereal Hot cooked cereal	Bread OR Cold Cereal Hot cooked cereal	Pumpnickel Bread *Cut in bite size pieces	Apple Muffin *Cut in bite size pieces Total Cereal	Whole Grain Waffles *Cut in bite size pieces	Carrot Muffin *Cut in bite size pieces Total Cereal	Oatmeal with Bananas and Raisins Total Cereal
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate	Meat or Meat Alternate	Arroz Con Pollo- Chicken served Separately *Cut chicken in bite size pieces *Remove Skin	Tuna Salad Sandwich *Tuna Salad	Turkey in Gravy with Cranberry Sauce *Cut in bite size pieces	Hamburger on a Whole Wheat Bun *Hamburger cut in bite size pieces	Chicken Nuggets (CN) *Cut in bite size pieces
Vegetable	Vegetable	Mangu (Mashed Green Plantains)	Cabbage, Carrot & Yellow Pepper Slaw (minced)	Candied Yams *Cut in bite size pieces	Tomato Slices *Remove Skin *Cut in bite size pieces	Baked Beans
Vegetable OR Fruit	Vegetable OR Fruit	Frozen Green Peas & Sliced Mushrooms *Peas Mashed *Mushrooms cut in bite size pieces	Vegetable and White Bean Soup- Low Sodium Chicken Broth	Frozen Spinach	Potatoes O'Brien (Diced Potatoes with Onions & Red Peppers)	Pumpkin Soup
Bread Rice/Pasta	Bread Rice/Pasta	Yellow Rice (Arroz Amarillo)	Whole Wheat Bread *Cut in bite size pieces	Brown Rice	Whole Wheat Bun *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces
Other	Other	Pear Halves *Cut in bite size pieces		Red Kidney Beans *Mashed	Ketchup (no high fructose corn syrup) , mustard	Honey Mustard Sauce Pineapple Tidbits *Cut in bite size pieces
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
SNACK Bread Milk, Fruit, Juice, Meat, Vegetable	Bread Milk, Fruit, Juice, Meat, Vegetable	Cranberry Muffin *Cut in bite size pieces Total Cereal Fresh Apple Slices *Applesauce	Low-Fat Yogurt Fruit Cocktail *Cut in bite size pieces *Cut grapes in half	Oat Bran Muffin *Cut in bite size pieces Total Cereal Pear *Diced Pear	Soft Whole Wheat Tortilla Banana Strawberry Preserves	Whole Wheat Bread *Cut in bite size pieces Hummus Apricots
Water	Water	Water	Water	Water	Water	Water

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CYCLE III

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit or Juice	Fruit or Juice	Fruit Cocktail Cut in bite size pieces *Cut grapes in half	Peaches *Cut in bite size pieces	Mango *Cut in bite size pieces	Orange *mandarin oranges *Cut in bite size pieces	Strawberries *Cut in bite size pieces Bananas and Raisins (pureed) in Oatmeal
Protein Rich Food (Optional)	Protein Rich Food (Optional)				Egg Whites Scrambled with Spinach	
Bread OR Cold Cereal Hot cooked cereal	Bread OR Cold Cereal Hot cooked cereal	Multi-Grain Cheerios	Blueberry Muffin *Cut in bite size pieces Total Cereal	Whole grain Pancakes *Cut in bite size pieces Total Cereal	Apple Muffin *Cut in bite size pieces Total Cereal	Oatmeal with Bananas and Raisins
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate	Meat or Meat Alternate	Chicken Wrap (whole grain tortilla, chicken, low fat cheese, spinach, tomatoes)	Meat Sauce w/Sliced Mushrooms and Oregano (Lean Ground Chuck)	Tacos with soft whole grain tortilla, lean <i>ground turkey</i> Low-Fat Shredded Cheese	Haitian Creole Chicken with Sautéed Mushrooms *Cut in bite size pieces	Fish Square (CN) *Cut in bite size pieces
Vegetable	Vegetable	Red Beans	Frozen Green Beans *Cut in bite size pieces	Shredded Lettuce and Diced tomatoes *No Salad * Chopped tomatoes	Mushrooms included in Creole Sauce	Roasted Small Red Potatoes *Cut in bite size pieces
Vegetable OR Fruit	Vegetable OR Fruit	Steamed Carrot Slices * Cut in bite size pieces	Fruit Cocktail * Cut in bite size pieces *Cut grapes in half	Mexican Corn (with soybeans) *Creamed Corn(unsalted)	Pineapple Tidbits Cut in bite size pieces	Split Pea Soup (no pork)
Bread Rice/Pasta	Bread Rice/Pasta	Whole grain wrap (above)	Whole Grain Spaghetti *Cut in bite size pieces	Spanish Rice	Whole Wheat Bread *Cut in bite size pieces	Croutons (garnish soup) Whole Grain Bread *Cut in bite size pieces
Other	Other	Avocado sauce in wrap	Garlic Roll *Whole Wheat Bread in bite size pieces	<i>Mild salsa</i>	Brown Rice & Red Beans (Congri) *Red Beans Mashed	Sliced Red Peppers and Cucumber Salad w/ Low fat Ranch Dressing *No salad
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
SNACK Bread Milk, Fruit, Juice, Meat, Vegetable	Bread Milk, Fruit, Juice, Meat, Vegetable	Oat Bran Muffin *Cut in bite size pieces Total Cereal Fresh Apple Slices *Applesauce	Guacamole Whole Wheat Bread *Cut in bite size pieces Pear *Diced Pear	Turkey Slice ½ slice Pumpnickel Bread *Cut in bite size pieces Cream Cheese (low-fat) *Low-fat Am Cheese Slice- *Cut in bite size pieces	Low- Fat Yogurt Cornbread	Carrot Muffin *Cut in bite size pieces Total Cereal Mandarin Oranges
Water	Water	Water	Water	Water	Water	Water

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CYCLE IV

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit or Juice	Fruit or Juice	Mandarin Oranges *Cut in bite size pieces	Bananas and Raisins in Cream of Wheat, Blueberries in muffin	Banana *Cut in bite size pieces	Pineapple *Cut in bite size pieces	Peaches *Cut in bite size pieces Bananas and Raisins (pureed) in Oatmeal
Protein Rich Food (Optional)	Protein Rich Food (Optional)			Cream Cheese *Low-fat American Cheese Slice- Low Sodium *Cut in bite size pieces		
Bread OR Cold Cereal Hot cooked cereal	Bread OR Cold Cereal Hot cooked cereal	Multi-Grain Cheerios	Cream of Wheat with Bananas and Raisins Blueberry Muffin *Cut in bite size pieces Total Cereal *Cut in bite size pieces	Cinnamon Raisin Bread (raisins blended in mix) *Cut in bite size pieces	Apple Muffin *Cut in bite size pieces Total Cereal	Oatmeal with Bananas and Raisins
*Whole Milk	Skim Milk –	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate	Meat or Meat Alternate	Chili Con Carne (Lean Ground Beef- Red Kidney Beans/*Mashed)	Beef Tips with Sautéed Sliced Mushrooms, Smothered in Beef Gravy *Cut in bite size pieces	BBQ Chicken w/Low-Sodium Barbecue Sauce *Cut in bite size pieces	Picadillo- (made with lean ground turkey, chopped olives no raisins)	Fish Square (CN) *Cut in bite size pieces
Vegetable	Vegetable	Slightly Steamed Frozen Broccoli with low fat shredded cheese *Cut in bite size pieces	Spinach Salad with Garbanzo Beans & low-fat Italian Dressing *Cooked Frozen Spinach	Mashed “Potatoes” (white beans)	Frozen Turnip Greens Cooked in Sodium-Free Chicken Broth	Winter Squash Soup
Vegetable OR Fruit	Vegetable OR Fruit	Fresh Apple Slices *Applesauce	Sliced Peaches *Cut in bite size pieces	Frozen Glazed Sliced Carrots	Black Bean Soup	Fresh Cucumber Sticks *Tomato Slice-Remove Skin *Cut in bite size pieces
Bread Rice/Pasta	Bread Rice/Pasta	Brown Rice	Buttered Noodles *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Brown Rice Whole Wheat Bread *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces
Other	Other			Pear Halves *Cut in bite size pieces	Fresh Apple Slices *Applesauce	Pineapple Tidbits *Cut in bite size pieces Tartar Sauce Low-Fat Ranch Dressing
*Whole Milk	Skim Milk	Milk	Milk	Milk	Milk	Milk
SNACK Bread Milk, Fruit, Juice, Meat, Vegetable	Bread Milk, Fruit, Juice, Meat, Vegetable	Pumpnickel *Cut in bite size pieces Low-Fat Low-Sodium Cheese Turkey slice *Cut in bite size pieces Pear *Diced Pear	Tropical Fruit Cup *Cut in bite size pieces Low-fat Yogurt	Zucchini Muffin *Cut in bite size pieces Grapes *Cut in half Total Cereal	Yogurt w/ Italian Seasoning Carrot Sticks Whole wheat pita chips *Bread *Cut in bite size pieces	Carrot Muffin Total Cereal Fresh Apple Slices *Applesauce
Water	Water	Water	Water	Water	Water	Water

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INSERTS TO THE CATERING MENU

			October, January, March	October, January, March	October, January, March	October, January, March	May, December
			Cycle I Tuesday	Cycle II Thursday	Cycle III Friday	Cycle IV Friday	Cycle IV Wednesday
	Meal Pattern EHS 1-2	Meal Pattern Ages 3-5	Swedish Meatballs & Noodles *Cut in bite size pieces Broccoli Spears *Cut in bite size pieces Whole Wheat Dinner Roll *Cut in bite size pieces Fruit Cocktail *Grapes cut in half Milk	Sweet & Sour Chicken *Cut in bite size pieces Fried Rice Steamed Chinese Vegetable *Cut in bite size pieces Fresh Fruit in Season *Cut in bite size pieces Milk	Sloppy Joe Sandwich *Cut in bite size pieces Black Beans Brown Rice Enriched Cuban Bread *Cut in bite size pieces Tropical Fruit Cup *Cut in bite size pieces Milk	Chicken (1 oz.) Fajita *Cut in bite size pieces Grated Cheese (½ oz.) Red Beans & White Rice Chopped Tomato & Shredded Lettuce *Chopped Tomato Fresh Fruit in Season *Cut in bite size pieces Milk	Beef Pot Roast w/Gravy *Cut in bite size pieces Brussel Sprouts *Cut in bit size pieces Mashed Potatoes Sliced Peaches *Cut in bit size pieces Cornbread *Cut in bite size pieces Milk
Milk 1-2 yrs whole 2 yrs on 1%	½ cup	¾ cup					
Fruit or Juice or Vegetable	¼ cup	½ cup					
Grains/Bread	½ slice	½ slice					
Cornbread or biscuit or roll or muffin	½ serving	½ slice					
Pasta or noodles	¼ cup	¼ cup					
Meat, poultry, or fish or cheese or Meat Alternate	1 ounce	1 ½ ounces					
Cooked dry beans or peas	¼ cup	3/8 cup					
Yogurt	½ cup	¾ cup					
			The Following are Special Holiday Menus:				
			Hispanic Heritage	Thanksgiving	December Holiday	Black History	Easter
			Ropa Vieja (Shredded Beef in a Tomato Sauce) Yellow Rice Yucca w/Mojo *Cut in bite size pieces Green Peas *Mashed Rice Pudding Milk	Roasted Turkey *Cut in bite size pieces Whole Kernel Corn *Creamed Corn Frozen Collard Greens Cornbread Stuffing Strawberry Shortcake *Cut in bite size pieces Milk	Roasted Chicken *Cut in bite size pieces Macaroni & Cheddar Cheese Frozen Green Beans *Cut in bite size pieces Whole Wheat Bread *Cut in bite size pieces Whipped Sweet Potatoes w/ Whipped Topping Milk	Barbecue Chicken *Cut in bite size pieces Pigeon Peas & Rice Frozen Collard Greens Candied Yams *Cut in bite size pieces Corn bread *Cut in bite size pieces Peach Crumb *Cut in bite size pieces Milk	Roasted Turkey *Cut in bite size pieces Pearl Onions & Peas Candied Yams Tossed Salad * Chopped Tomato Whole Wheat Bread Pear Halves √ Bite size pieces Coconut Cake *Cut in bite size pieces Milk
			October 20	November 18	December 15	February 10	April 19

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