

Tri-County Early Head Start, Cycle Week# 1, Week of _____ (2023-24) _____

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), 1% Lactose free milk (w/ Modified Meal form) or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Scrambled Eggs**			Sausage Gravy	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	*Tater Tots** w/ketchup	Banana/Berry Blend**	Banana**	Diced Peaches	Blueberries
	Grains Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	WG Toast** w/Jelly	French Toast Sticks, Waffle, or Pancake** w/Lite Syrup^	WG Multi-Grain Cheerios	Biscuit**	WG Oatmeal
L U N C H	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-2 1oz; 3-5 1.5oz;	*Chicken Nuggets** w/ketchup	*Beef Fingers**	*Chicken and Rice**	Hamburger**	*Spaghetti w/Meat**#
	Vegetable Ages 1-2 1/8 c; 3-5: ¼ c.	Lima Beans	*Broccoli ** (a) (fresh or frozen)	Green Beans	French Fries**	Green Peas(a)
	Fruit or Vegetable Ages: 1-2 1/8 c; 3-5: ¼ c.	Pineapple**	Seasonal Fresh Fruit** ^	Crushed Pineapple	Mandarin Oranges(a)	Apple, thinly sliced (in entrée)
	Grains Ages 1-5: see Meal Pattern	*Mac and Cheese	In entrée (See CN)	WG Brown Rice (in entrée)	Bun**	
S N A C K	Milk: Ages 1-2 4oz; 3-5 6oz;		Milk			Milk
	Meat/Meat Alternate Ages 1-5: ½ oz.					
	Vegetable Ages 1-5: ½ c.					
	Fruit or Vegetable Ages: 1-5: ½ c	100% Apple Juice		Applesauce	100% Grape Juice	
	Grains Ages 1-5: see Meal Pattern	Animal Crackers	WG Cinnamon Toast**	Cheese Crackers	WG Graham Crackers	*Fruit Muffin ^

IMPORTANT NOTES. **** Foods must be cut up for children 1-3 years of age.** *Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), **or standardized recipe.** ***Fill in selection prior to meal service. # Insure that the minimum serving of each mandatory meal component is met. + denotes extra. Water is available at all meals. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

Tri-County Early Head Start, Cycle Week# 2, Week of _____ (2023-24)

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), 1% Lactose free milk (w/ Modified Meal form) or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Scrambled Eggs**	Sausage Gravy**		Yogurt	
	Vegetable/Fruit/Juice Ages 1-2 ¼ c; 3-5 ½ c	Applesauce	Diced Peaches	Banana/Berry Blend**	Blueberries	Banana**
	Grains Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Grits	Biscuit**	French Toast Sticks, Waffle, or Pancake w/Lite Syrup**^	WG Multi-Grain Cheerios	WG Oatmeal
L U N C H	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-2 1oz; 3-5 1.5oz;	*Chicken Alfredo Rotini**	*Fish Sticks** w/ketchup	Cheese Pizza** add ½oz Cheese	Chicken and Noodle**	Cheeseburger Mac
	Vegetable Ages 1-2 1/8 c; 3-5: ¼ c.	Green Beans	Baked Beans	Green Beans	Carrots(a)	Whipped Sweet Potatoes(a)
	Fruit or Vegetable Ages: 1-2 1/8 c; 3-5: ¼ c.	Mandarin Oranges(a)	Crushed Pineapple	Seasonal Fresh Fruit**	Blueberries	Mixed Fruit** (no grapes)
	Grains Ages 1-5: see Meal Pattern	(In entrée)	Cheese Grits	(in entrée)	(In entrée)	(in entrée)
S N A C K	Milk ; Ages 1-2 4oz; 3-5 6oz;				Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz.					*Peanut Butter Yogurt Dip
	Vegetable Ages 1-5: ½ c.					
	Fruit or Vegetable Ages: 1-5: ½ c	100% Grape Juice	Banana	Applesauce		Apple, thinly sliced
	Grains Ages 1-5: see Meal Pattern	WG Graham Crackers	WG Cinnamon Chex	WG Cheese Toast**	*Muffin ^	Cheese Crackers

IMPORTANT NOTES. **** Foods must be cut up for children 1-3 years of age.** *Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), **or standardized recipe.** ***Fill in selection prior to meal service. # Insure that the minimum serving of each mandatory meal component is met. + denotes extra. Water is available at all meals. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

Tri-County Early Head Start, Cycle Week# 3, Week of _____ (2023-24)

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), 1% Lactose free milk (w/ Modified Meal form) or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Sausage Gravy	Yogurt+			Scrambled Eggs**
	Vegetable/Fruit/Juice Ages 1-18: ½ c	*Tater Tots**	Blueberries	Banana/Berry Blend**	Banana**	Diced Peaches
	Grains Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Biscuit**	WG Multi-Grain Cheerios	French Toast Sticks, Waffle, or Pancake w/Lite Syrup**^	WG Oatmeal	Grits
L U N C H	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-2 1oz; 3-5 1.5oz;	*Chicken Nuggets or Tenders**^	*Fish Sticks**	*Meat/Cheese Lasagna**	Sloppy Joes**	Ham and Cheese Sandwich**
	Vegetable Ages 1-2 1/8 c; 3-5: ¼ c.	Sweet Potatoes **(a)	Baked Beans	Green Beans	French Fries**	*Tater Tots**
	Fruit or Vegetable Ages: 1-2 1/8 c; 3-5: ¼ c.	Crushed Pineapple	Mandarin Oranges(a)**	Seasonal Fresh Fruit** ^	Apples, Thin sliced	Diced Peaches
	Grains Ages 1-5: see Meal Pattern	*Mac & Cheese**	Cheese Grits	(in entrée)	Bun	WG Bread
			Milk			
S N A C K	Milk: Ages 1-2 4oz; 3-5 6oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz.					
	Vegetable Ages 1-5: ½ c.					
	Fruit or Vegetable Ages: 1-5: ½ c	100% Apple Juice		Applesauce	100% Fruit Juice Punch	Mandarin Oranges(a)**
	Grains Ages 1-5: see Meal Pattern	WG Graham Cracker	*Muffin ^	WG Cinnamon Toast	Animal Crackers	Cheese Crackers

IMPORTANT NOTES. **** Foods must be cut up for children 1-3 years of age.** *Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. ***Fill in selection prior to meal service. # Insure that the minimum serving of each mandatory meal component is met. + denotes extra. Water is available at all meals. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

Tri-County EHS Head Start, Cycle Week# 4, Week of _____ (2023-24)

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), 1% Lactose free milk (w/ Modified Meal form), or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Scrambled Eggs**			Sausage Gravy**	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Mandarin Oranges**(a)	Banana**	Banana/Berry Blend**	Diced Pears	Diced Peaches
	Grains Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Grits	WG Multi-Grain Cheerios	Pancakes, Waffles, or French Toast** w/ Lite Syrup^	Biscuit**	WG Oatmeal
L U N C H	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-2 1oz; 3-5 1.5oz;	Grilled Cheese Sandwich**	*Cheese Burger Macaroni**	*Beanie Weenie**	*Spaghetti w/Meat Sauce**#	*Chicken Tenders** w/ketchup
	Vegetable Ages 1-2 1/8 c; 3-5: ¼ c.	*Tater Tots**	Green Beans	French Fries**	Lima Beans	Broccoli**(a)
	Fruit or Vegetable Ages: 1-2 1/8 c; 3-5: ¼ c.	Diced Peaches	Pineapple**	Mandarin Oranges**(a)	Seasonal Fresh Fruit** ^	Fresh Orange Wedges
	Grains Ages 1-5: see Meal Pattern	WG Bread (in entrée)	(in entrée)	Roll**	(in Entrée)	Cheese Grits
S N A C K	Milk ; Ages 1-2 4oz; 3-5 6oz;				Milk	
	Meat/Meat Alternate Ages 1-5: ½ oz.	*Peanut Butter Dip		½oz Cheese (in entrée)		
	Vegetable Ages 1-5: ½ c.			Dill Pickles+		
	Fruit or Vegetable Ages: 1-5: ½ c	Apple, Thinly sliced	Diced Peaches			100% Apple Juice
	Grains Ages 1-5: see Meal Pattern	Saltines	*Muffin ^	WG Cheese Toast**	WG Graham Crackers**	Animal Crackers**

IMPORTANT NOTES. **** Foods must be cut up for children 1-3 years of age.** *Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), **or standardized recipe.** ***Fill in selection prior to meal service. # Insure that the minimum serving of each mandatory meal component is met. + denotes extra. Water is available at all meals. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

Tri-County EHS Head Start, Cycle Week# 5, Week of _____ (2023-24)

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), 1% Lactose free milk (w/ Modified Meal form), or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Scrambled Eggs**			Sausage Gravy	
	Vegetable/Fruit/Juice Ages 1-18: ½ c	*Tater Tots** w/Ketchup	Banana**	Blueberries	Mixed Fruit (no grapes)	Diced Peaches
	Grains Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Grits	French Toast Sticks, Waffle, Pancake** w/Lite Syrup^	WG Multi-Grain Cheerios	Biscuit**	WG Oatmeal
L U N C H	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-2 1oz; 3-5 1.5oz;	*Chicken Alfredo**	*Cheese Pizza**Add 1/2oz Cheese	Beef and Gravy**	*Pulled Pork**	*Fish Sticks** w/catsup
	Vegetable Ages 1-2 1/8 c; 3-5: ¼ c.	Broccoli**(a)	Sweet Potatoes**(a)	Mashed Potatoes	French Fries	Baked Beans
	Fruit or Vegetable Ages: 1-2 1/8 c; 3-5: ¼ c.	Pineapple**	Apples, thinly sliced	Seasonal Fresh Fruit** ^	Mandarin Oranges(a)	Fresh Orange Slices
	Grains Ages 1-5: see Meal Pattern	(in entrée)	(in entrée)	Roll	Bun**	Cheese Grits
S N A C K						
	Milk; Ages 1-2 4oz; 3-5 6oz;	Milk		Milk		
	Meat/Meat Alternate Ages 1-5: ½ oz.	1/2oz cheese (in entrée)				
	Vegetable Ages 1-5: ½ c.	Dill Pickles**+				
	Fruit or Vegetable Ages: 1-5: ½ c		100% Grape Juice		100% Apple Juice	Applesauce
Grains Ages 1-5: see Meal Pattern	WG Cheese Toast**	WG Graham Crackers	*Muffin ^	WG Cinnamon Toast**	Animal Crackers	

IMPORTANT NOTES. **** Foods must be cut up for children 1-3 years of age.** *Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), **or standardized recipe.** ***Fill in selection prior to meal service. # Insure that the minimum serving of each mandatory meal component is met. + denotes extra. Water is available at all meals. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**

Tri-County EHS Head Start, Cycle Week# 6, Week of _____ (2023-24)

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 meat. 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), 1% Lactose free milk (w/ Modified Meal form or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Scrambled Eggs**	Sausage Gravy**	Yogurt+		
	Vegetable/Fruit/Juice Ages 1-18: ½ c	Diced Pears	Banana**	Blueberries	Applesauce	Diced Peaches
	Grains Ages 1-5: ½ slice/serving See Meal Pattern cereal svg size	Grits	Biscuit**	WG Multi-Grain Cheerios	Pancakes, Waffles, or French Toast** w/ Lite Syrup^	*WG Oatmeal
L U N C H	Milk Ages 1-2 4oz; 3-5 6oz;	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate Ages 1-2 1oz; 3-5 1.5oz;	Hamburger**	*Chicken Nuggets or Tenders**^	Tuna or Egg Salad**^	Meat/Cheese Soft Tacos# Lettuce, tomato**	*Spaghetti w/Meat Sauce**
	Vegetable Ages 1-2 1/8 c; 3-5: ¼ c.	French Fries**	*Sweet Potato Puffs or Fries(a)**^	*Tater Tots**	Green Beans	Broccoli**(a)
	Fruit or Vegetable Ages: 1-2 1/8 c; 3-5: ¼ c.	Mixed Fruit** (no grapes)	Pineapple**	Seasonal Fresh Fruit** ^	Apple, thinly sliced	Diced Pears
	Grains Ages 1-5: see Meal Pattern	Bun	*Mac and Cheese	Saltines	Flour Tortilla	(in entrée)
S N A C K						
	Milk; Ages 1-2 4oz; 3-5 6oz;					
	Meat/Meat Alternate Ages 1-5: ½ oz.	1/2oz cheese (in entrée)				
	Vegetable Ages 1-5: ½ c.	Dill Pickle Chips+				
	Fruit or Vegetable Ages: 1-5: ½ c		Applesauce	Mandarin Oranges(a)	100% Apple Juice	Tater Tots** w/ Ketchup
Grains Ages 1-5: see Meal Pattern	WG Cheese Toast	WG Graham Crackers	Goldfish or Cheese Crackers^	WG Cinnamon Toast	Saltines	

IMPORTANT NOTES. **** Foods must be cut up for children 1-3 years of age.** *Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), **or standardized recipe.** ^Fill in selection prior to meal service. # Insure that the minimum serving of each mandatory meal component is met. + denotes extra. Water is available at all meals. (Note: water is NOT a creditable food item). **All food must be peanut and tree nut free.**