

Tri-County 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 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) or unflavored fat free (skim) milk.

B R E A K F A S T	Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Scrambled Eggs	Sausage Gravy			
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Tater Tots	Diced Pears	Banana	Strawberries	Diced Peaches
	<b>Grains</b> Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	WG Toast w/ jelly	Biscuit	WG Multi-Grain Cheerios	French Toast, Waffle, Pancake** w/Lite Syrup	WG Oatmeal
L U N C H	<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 Tenders or Nuggets**w/ketchup	Baked Ham	Hamburger Lettuce, Tomato+	*Sweet Chili w/ground beef# (Cowboy Beans)	*Spaghetti w/Meat Sauce #
	<b>Vegetable</b> Ages 1-5: ¼ c.	Green Beans	Sweet Potatoes (a)	Corn Dill Pickles+	Beans, in entrée	Broccoli (a)
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Mandarin Oranges(a)	Seasoned Greens(a)	Seasonal Fresh Fruit _____**	Pineapple Tidbits	Tropical Fruit
	<b>Grains</b> Ages 1-5: ½ oz.	*Mac and Cheese	Cornbread	Bun	Cornbread	(in entrée)
S N A C K	<b>Milk</b> Ages 1-5: six oz.;					Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.			*Peanut Butter Yogurt Dip		
	<b>Vegetable</b> Ages 1-5: ½ c.					
	<b>Fruit or Vegetable</b> Ages: 1-18: ½ c	Applesauce	100% Grape Juice	Fresh Apple Slices	100% Apple Juice	
	<b>Grains</b> Ages 1-5: ½ oz.	Animal Crackers	WG Graham Crackers	Cheez-its	WG Cinnamon Toast	*Fruit Muffin _____**

**IMPORTANT NOTES:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. \*\*Fill in selection prior to meal service. Water is available at all meals. (Note: water is NOT a creditable food item). # Insure that the minimum serving of each mandatory meal component is met (Ex. 1 ½ oz Meat, ¼ cup pasta or rice, and/or ¼ cup vegetables), + denotes Extra

Tri-County 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 Two	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Scrambled Eggs		Yogurt +	Chicken Patty	
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Mixed Fruit (no grapes)	Banana	Blueberries	Applesauce	Banana/Berry Blend
	<b>Grains</b> Ages 1-5: ¼ slice/serving See Meat Pattern for cereal svg sizes	Grits	WG Oatmeal	WG Multi-Grain Cheerios	Biscuit w/ jelly	French Toast, Waffle, or Pancake** w/Lite Syrup
L U N C H	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz.	Ham & Cheese Sando WG Bread	*Beef Stroganoff#	*Chicken Tenders or Nuggets**/ketchup	Meat/Cheese *Lasagna w/Rotini #	*Cheesy Chicken Over Rice#
	<b>Vegetable</b> Ages 1-5: ¼ c.	*Tomato or Vegetable Soup**, 1 cup	Green Peas(a)	Sweet Potatoes(a)	Tossed Salad Dressing on Side	Green Beans
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Tropical Fruit	Fresh Orange Slices	Fresh Apple Slices w/ Dip	Diced Peaches	Mandarin Oranges(a)
	<b>Grains</b> Ages 1-5: ½ oz.	Saltines	(in Entrée)	Cornbread	(in entrée)	WG Brown Rice In entrée
S N A C K	<b>Milk</b> Ages 1-5: six oz.;			Milk		
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.		½ oz Cheese			
	<b>Vegetable</b> Ages 1-5: ½ c.					
	<b>Fruit or Vegetable</b> Ages: 1-18: ½ c	Diced Pears			100% Grape Juice	Applesauce
	<b>Grains</b> Ages 1-5: ½ oz.	Animal Crackers	Cheese & Salsa Quesadilla	*Zucchini or Banana Bread**	WG Graham Crackers	Cheez-its

**IMPORTANT NOTES:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. \*\*Fill in selection prior to meal service. Water is available at all meals. (Note: water is NOT a creditable food item). # Insure that the minimum serving of each mandatory meal component is met (Ex. 1 ½ oz Meat, ¼ cup pasta or rice, and/or ¼ cup vegetables), + denotes Extra

Tri-County 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) or unflavored fat free (skim) milk.

B R E A K F A S T	Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Scrambled Eggs			Sausage Gravy	Sausage Patty+
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Tater Tots w/ketchup	Banana	Applesauce	Diced Peaches	Diced Pears
	<b>Grains</b> Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Grits	WG Multi-Grain Cheerios	French Toast Sticks, Waffle, or Pancake** w/Lite Syrup	Biscuit	WG Oatmeal
L U N C H	<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 Tenders or Nuggets** w/ketchup	*Cheese Burger Macaroni #	*BBQ Pork or Chicken Sandwich**	*Chicken Penne#	*Taco Salad# w/Cheese, Lettuce, tomato, Salsa
	<b>Vegetable</b> Ages 1-5: ¼ c.	Baked Beans	Green Beans	Sweet Potato Tots(a)	*Broccoli (a)	Corn
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Apple Slices w/dip	Seasonal Fresh Fruit**	Tropical Fruit	Mandarin Oranges(a)	Pineapple Tidbits
	<b>Grains</b> Ages 1-5: ½ oz.	Garlic Bread	(in entrée)	Bun	(In entrée)	Flour Tortilla
S N A C K	<b>Milk</b> Ages 1-5: six oz;			Milk		
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.		Yogurt			
	<b>Vegetable</b> Ages 1-5: ½ c.					
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	100% Grape Juice			100% Apple Juice	Strawberry Applesauce
	<b>Grains</b> Ages 1-5: ½ oz.	WG Graham Crackers	*Fruit Muffin, **	WG ½ PB&J Sandwich	WG Cinnamon Toast	Goldfish

**IMPORTANT NOTES:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. \*\*Fill in selection prior to meal service. Water is available at all meals. (Note: water is NOT a creditable food item). # Insure that the minimum serving of each mandatory meal component is met (Ex. 1 ½ oz Meat, ¼ cup pasta or rice, and/or ¼ cup vegetables), + denotes Extra

Tri-County Head Start, Cycle Week# 4, Week of \_\_\_\_\_ (2023-24)

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	Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>B R E A K F A S T</b>	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Sausage Gravy		Scrambled Eggs		Sausage Patty+
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Diced Pears	Banana	Diced Peaches	Applesauce	Mixed Fruit (no grapes)
	<b>Grains</b> Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Biscuit	WG Multi-Grain Cheerios	WG Toast w/ jelly	French Toast Sticks, Waffle, or Pancake** w/Lite Syrup	WG Oatmeal
<b>L U N C H</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.	*Taco Soup# Hamburger	*Italian Pasta Bake# Meat/Cheese	*Cheese Pizza + 1oz Mozzarella cheese	*Chicken and Rice#	*Chicken Tenders or Nuggets**
	<b>Vegetable</b> Ages 1-5: ¼ c.	Beans & Corn In entree	Green Peas (a)	Corn	Sweet Potatoes(a)	Baked Beans
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Fresh Orange Wedges	Seasonal Fresh Fruit _____**	Tropical Fruit	Pineapple Tidbits	Mandarin Oranges(a)
	<b>Grains</b> Ages 1-5: ½ oz.	Cornbread	Garlic Bread	(in entrée)	WG Brown Rice	Cheese Grits
<b>S N A C K</b>	<b>Milk</b> Ages 1-5: six oz.;				Milk	
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.		Cheese Slice			Yogurt Dip
	<b>Vegetable</b> Ages 1-5: ½ c.		Dill Pickle Spear+			
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	100% Apple Juice		Banana/Berry Blend		Fresh Apple Slices
	<b>Grains</b> Ages 1-5: ½ oz.	WG Cinnamon Toast	Saltines	Animal Crackers	*Muffin _____**	Cheez-its

**IMPORTANT NOTES:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. \*\*Fill in selection prior to meal service. Water is available at all meals. (Note: water is NOT a creditable food item). # Insure that the minimum serving of each mandatory meal component is met (Ex. 1 ½ oz Meat, ¼ cup pasta or rice, and/or ¼ cup vegetables), + denotes Extra

Tri-County Head Start, Cycle Week# 5, Week of \_\_\_\_\_ (2023-24)

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B R E A K F A S T	Week Five	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Scrambled Eggs	Yogurt+	Sausage Gravy		Sausage Patty+
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Diced Pears	Blueberries	Tater Tots	Strawberries	Diced Peaches
	<b>Grains</b> Ages 1-5: ½ slice/serving See Meat Pattern for cereal svg sizes	Grits	WG Multi-Grain Cheerios	Biscuit	French Toast Sticks, Waffle, or Pancake** w/Lite Syrup	*WG Oatmeal
L U N C H	<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 Noodle#	*Beef Finger	*Spaghetti w/Meat Sauce#	*Chicken Roll Ups	*Sloppy Joe
	<b>Vegetable</b> Ages 1-5: ¼ c.	Green Peas(a)	Baked Beans	Green Beans	Refried or Chili Beans**	French Fries Dill Pickle Spear+
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Sliced Fresh Apples W/Dip	Broccoli and Cheese Sauce(a)	Tropical Fruit	Mandarin Oranges(a)	Pineapple Tidbits
	<b>Grains</b> Ages 1-5: ½ oz.	(in entrée)	Roll	Garlic Bread	Flour Tortilla (in entrée)	Bun
S N A C K	<b>Milk</b> Ages 1-5: six oz.;			Milk		Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.		Cheese & Salsa Quesadilla			Cream Cheese+ (Optional)
	<b>Vegetable</b> Ages 1-5: ½ c.					
	<b>Fruit or Vegetable</b> Ages: 1-18: ½ c	100% Apple Juice			100% Grape Juice	
	<b>Grains</b> Ages 1-5: ½ oz.	WG Cinnamon Chex	Flour Tortilla	½ PB&J on WG Bread	WG Graham Crackers	*Banana or Zucchini Bread**

**IMPORTANT NOTES:** Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. \*\*Fill in selection prior to meal service. Water is available at all meals. (Note: water is NOT a creditable food item). # Insure that the minimum serving of each mandatory meal component is met (Ex. 1 ½ oz Meat, ¼ cup pasta or rice, and/or ¼ cup vegetables),+ denotes an extra

Tri-County Head Start, Cycle Week# 6, Week of \_\_\_\_\_ (2023-24) \_\_\_\_\_

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B R E A K F A S T	Week Six	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Scrambled Eggs	Sausage Gravy			
	<b>Vegetable/Fruit/Juice</b> Ages 1-18: ½ c	Tater Tots	Diced Pears	Banana	Diced Peaches	Blueberries
	<b>Grains</b> Ages 1-5: ½ slice/serving See Meat Pattern for cereal svq sizes	Grits	Biscuit	WG Cinnamon Chex	WG Oatmeal	WG Multi-Grain Cheerios
L U N C H	<b>Milk</b> Ages 1-5: six oz.;	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b> Ages 1-5: 1 ½ oz.	*Cheese Pizza + 1oz Mozzarella	*Chicken and Rice #	*Fish Stick w/ tartar sauce and ketchup	*BBQ Chicken	*Turkey Pot Roast
	<b>Vegetable</b> Ages 1-5: ¼ c.	Broccoli(a)	*Sweet Potato Puffs or Fries(a)**	Green Beans	Baked Beans	Mashed Potatoes
	<b>Fruit or Vegetable</b> Ages: 1-18: ¼ c	Tropical Fruit	Applesauce	Pineapple Tidbits	Mandarins(a)	Green Beans
	<b>Grains</b> Ages 1-5: ½ oz.	(in entrée)	WG Brown Rice In entrée	Cheese Grits	Mac and Cheese	Roll
S N A C K	<b>Milk</b> Ages 1-5: six oz.;					
	<b>Meat/Meat Alternate</b> Ages 1-5: ½ oz.		Yogurt	Peanut Butter Yogurt Dip	Ham Slice ½ ounce	Cheese Slice
	<b>Vegetable</b> Ages 1-5: ½ c.					Tater Tots w/ketchup
	<b>Fruit or Vegetable</b> Ages: 1-18: ½ c	100% Apple Juice		Fresh Apple Slices		Dill Pickle+
	<b>Grains</b> Ages 1-5: ½ oz.	WG Graham Crackers	Animal Crackers	Cheez-its	Flour Tortilla	

IMPORTANT NOTES: Ages 1-5 based on meal pattern portion sizes for ages 3-5. \*Denotes requires a Child Nutrition (CN) Label, Product Formulation Statement (PFS), or standardized recipe. \*\*Fill in selection prior to meal service. Water is available at all meals. (Note: water is NOT a creditable food item). # Insure that the minimum serving of each mandatory meal component is met (Ex. 1 ½ oz Meat, ¼ cup pasta or rice, and/or ¼ cup vegetables), + denotes Extra