

KIDCO CHILDCARE HEAD START(HS) / EARLY HEAD START(EHS) CATERING CYCLE MENU-PROGRAM YEAR 2018-2019

CYCLE I

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Pineapple *Cut in bite size pieces	Fruit Cocktail *Cut in bite size pieces	Banana *Cut in bite size pieces *Cut grapes in half	Peaches *Cut in bite size pieces	Tropical Fruit *Cut in bite size pieces *Cut grapes in half- Skin Removed
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other	Oatmeal Prepared with Coconut Cream and 15 g Total Cereal	Spanish Omelette (potato, eggs and cheese) *Cut in bite size pieces			Cheese Slice *Cut in bite size pieces
Bread – ½ slice OR Cold Cereal- ¼ cup Hot cooked cereal ¼ cup	Bread – ½ slice OR Cold Cereal – 1/3 cup Hot cooked cereal ¼ cup		Mini Baguette *Cut in bite size pieces	Whole Grain Pancakes HS: 1 TBSP light syrup EHS: ½ TBSP light syrup *Cut in bite size pieces	Cornbread - Whole Grain with Cranberries 15g Total Cereal *Cut in bite size pieces	Cinnamon Bread *Cut in bite size pieces
<b>*Whole Milk – 4 oz.</b>	<b>Skim Milk – 6 oz</b>	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounces	Baked Sliced Turkey (2 Oz) *cut into bite sized pieces	Tacos (ground beef, shredded cheese & mild salsa)	Arroz Con Pollo (see recipe list) *cut in bite sized pieces	Breaded Fish (CN)* *Cut in bite size pieces	Oven Fried Chicken *Cut in bite size pieces
Vegetable – ¼ cup - Salads must be served in double portions	Vegetable ¼ cup - Salads must be served in double portions	Fresh Roasted Sweet Potatoes *Cut in bite size pieces	Mexican Corn *creamed corn (not canned)	Green Beans (fresh/frozen, not canned) *cut in bite sized pieces	Sauteed Spinach and Tomatoes (see recipe list)	Roasted Cauliflower *Cut in bite size pieces
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Cole Slaw (See recipe list) * Steamed Cabbage	Salad (Spinach, Lettuce, Tomato, Cucumber) 1/2 cup Low Fat Ranch Dressing *Steamed Yellow Squash. Cut in bite size pieces	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon- no bananas/apples) *cut in bite sized pieces	Mandarin Oranges * cut in bite sized pieces	Green Peas & Carrots *Mashed
Bread – ½ slice Rice/Pasta – ¼ cup	Bread – ½ slice Rice/Pasta – ¼ cup	100% Whole Grain Bread *Cut in bite size pieces	Soft Tortilla * cut in bite sized pieces	Brown Rice (in entrée)	Soft Roll *Cut in bite size pieces	Corn Bread *cut into bite sized pieces
Other	Other	Butter or Margarine			Ketchup	
<b>*Whole Milk – 4 oz</b>	<b>Skim Milk – 6 oz.</b>	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Whole Grain Bread *Cut in bite size pieces Cheese *Cut in bite size pieces Blueberries *Cut in bite size pieces	Sunflower butter 2TBS HS Add milk to sunbutter to dilute for EHS Whole Grain Bread *Cut into bite sized pieces	Cranberry & Orange Muffin *Cut in bite size pieces Apricots *Cut in bite size pieces	<b>Yogurt Parfait:</b> Low-Fat Yogurt -4 oz topped with 1 TBSP All-Bran Buds HS Only Mango *Cut in bite size pieces	Hummus Dip HS & EHS: 2TBSP Whole Wheat Pita *Cut into bite sized pieces Pineapple *Cut in bite size pieces
Water – 4 oz	Water – 6 oz	Water	Water	Water	Water	Water

All milk unflavored. 2 year and older served 1% milk. All muffins made with > 50% whole wheat flour. Recipes include 15g of Total Cereal.

KIDCO CHILDCARE HEAD START(HS) / EARLY HEAD START(EHS) CATERING CYCLE MENU-PROGRAM YEAR 2018-2019

CYCLE II

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Pineapple *Cut in bite size pieces	Fruit Cocktail *Cut in bite size pieces	Banana *Cut in bite size pieces	Seasonal Fruit *Cut in bite size pieces	Peaches *Cut in bite size pieces
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other				Whole Grain Chicken Empanada 1 small 9 gr of whole grain *Cut in bite size pieces	Turkey Ham & Cheese Fat, Low Sodium Cheese Low-Sodium Turkey Ham Slice * Cut in bite size pieces
Bread – ½ slice OR Cold Cereal- ¼ cup Hot cooked cereal ¼ cup	Bread – ½ slice OR Cold Cereal – 1/3 cup Hot cooked cereal ¼ cup	Whole Grain Pancakes *Cut in bite size pieces HS: 1 TBSP light syrup EHS: ½ TBSP light syrup	Cream of Wheat prepared with Coconut Cream 2 Teaspoons Granola- HS Only	Cheerios Whole Grain <6g Sugar		Whole Wheat Sourdough Bread *Cut in bite size pieces
<b>*Whole Milk – 4 oz.</b>	<b>Skim Milk – 6 oz</b>	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounces	Chili con Carne (at least 3/8c ages 1-5)	Chicken Nuggets *cut into bite sized pieces	Turkey Cuban (Turkey, Swiss Cheese, Pickles) *Cut in bite size pieces	Spanish Chicken (cooked with tomatoes and onions) *Cut in bite sized pieces	Salisbury Steak (see recipe list) *Cut in bite size pieces
Vegetable – ¼ cup - Salads must be served in double portions	Vegetable ¼ cup - Salads must be served in double portions	Corn (fresh/frozen, not canned) *creamed corn (not canned)	Steamed or Roasted Broccoli (fresh/frozen, not canned) *Cut into bite sized pieces	Chicken Noodle Soup (1 cup-1/4 cup diced carrots and celery and 1/4 Oz chicken)	Plantains *Cut in bite size pieces, remove skin	Peas and Carrots (frozen, not canned) *Mashed
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Fresh Pears *Cut into bite sized pieces	Sweet Potato and Black Bean Salad (cold) (See recipe list) *cut into bite sized pieces	Sliced Tomato & Cucumber *Cut into bite sized pieces	Green Lima Beans *cut in bite sized pieces	Seasonal Fresh Fruit (cantaloupe, honeydew, mango, pineapple, strawberries, watermelon- no bananas/apples) * Cut in bite sized pieces
Bread – ½ slice Rice/Pasta – ¼ cup	Bread – ½ slice Rice/Pasta – ¼ cup	Brown Rice (100% whole grain)	100% Whole Grain Bread *Cute in bite size pieces	Cuban Bread *WG Soft Roll cut in bite sized pieces	Brown Rice (in entrée) (100%whole grain)	Macaroni & Cheese *Mashed
Other	Other		Ketchup	Mayo & Mustard		
<b>*Whole Milk – 4 oz</b>	<b>Skim Milk – 6 oz.</b>	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Mini Baguette *Cut in bite size pieces  Cheese *Cut in bite size pieces Fresh Apple Slices *Applesauce	Blueberry Muffin *Cut in bite size pieces 15g Total Cereal ^ Orange *Cut in bite size pieces *Cut grapes in half	Hummus Dip HS & EHS: 2TBSP Whole Wheat Pita *Cut into bite sized pieces Pineapple (HS only)	Low-Fat Yogurt (4 oz) -topped with 15g Cheerios Mixed Berries *Cut in bite size pieces	Lemon Muffin *cut into bite sized pieces Cheese *cut into bite sized pieces
<b>Water – 4 oz</b>	<b>Water – 6 oz</b>	Water	Water	Water	Water	Water

All milk unflavored. 2 year and older served 1% milk. All muffins made with > 50% whole wheat flour. Recipes include 15g of Total Cereal.

KIDCO CHILDCARE HEAD START(HS) / EARLY HEAD START(EHS) CATERING CYCLE MENU-PROGRAM YEAR 2018-2019

CYCLE III

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Pears *Cut in bite size pieces	Strawberries *Cut in bite size pieces	Banana *Cut in bite size pieces	Peaches *Cut in bite size pieces	Oranges *Cut in bite size pieces. Skin and membrane removed
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other		Spanish Omelette (made with potatoes, eggs) Cheese *Cut in bite size pieces			
Bread – ½ slice OR Cold Cereal- ¼ cup Hot cooked cereal ¼ cup	Bread – ½ slice OR Cold Cereal – 1/3 cup Hot cooked cereal ¼ cup	Kix Berry Berry (Whole Grain) 15g Total Cereal	Mini Baguette *Cut in bite size pieces	Waffles HS: 1 TBSP light syrup EHS: ½ TBSP light syrup *Cut in bite size pieces	Cheerios (Whole Grain)	Whole Grain Cream of Wheat Prepared with Coconut Cream * 15 gr of total cereal
<b>*Whole Milk – 4 oz.</b>	<b>Skim Milk – 6 oz</b>	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounces	Chicken and Bean Enchilada Bake (see recipe list) *Cut in bite size pieces	Hamburger Patty w/ Swiss Cheese *cut in bite sized pieces	Turkey Meatloaf (see recipe list) *Cut in bite size pieces	Seasoned Black Beans (at least 3/8 cup ages 1-5)	Beef Lasagna (see recipe list) *Cut in bite size pieces
Vegetable – ¼ cup - Salads must be served in double portions	Vegetable ¼ cup - Salads must be served in double portions	Zucchini, Corn, Tomatoes (in entrée) *cut in bite sized pieces	Tomato Slices *Bite size pieces	Fresh Mashed Sweet Potato (not instant)	Corn and Edamame Blend (see recipe list) *cut in bite sized pieces	Green Peas *mashed
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Pineapple *cut in bite sized pieces	Roasted Red Potatoes *Cut in bite sized pieces	Fruit Cocktail *Grapes cut in half	Fresh Tomato & Cucumber Salad with Light Ranch Dressing *cut in bite sized pieces	Fresh Pears *Cut into bite sized pieces
Bread – ½ slice Rice/Pasta – ¼ cup	Bread – ½ slice Rice/Pasta – ¼ cup	Tortilla (whole grain or enriched) *cut in bite sized pieces	100% whole wheat bun *Cut in bite size pieces	100% Whole Grain Bread *cut in bite sized pieces	Yellow Rice	Lasagna noodles
Other	Other		Mustard/ketchup/Mayo	Ketchup		
<b>*Whole Milk – 4 oz</b>	<b>Skim Milk – 6 oz.</b>	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Hummus Whole Grain Bread *Cut in bite size pieces Mandarin oranges *Cut in bite size pieces	Carrot Muffin *Cut in bite size pieces 15 g Total Cereal Orange *Cut into bite sized pieces. Skin and membrane removed	Low- Fat Yogurt- 4oz topped with 15g Total Cereal Blueberries *Cut in bite size pieces	Mini Baguette *Cut in bite size pieces Cheese * Cut into bite size pieces Fruit Cocktail *Cut in bite size pieces *Cut grapes in half Total Cereal 15 g	Whole Wheat Soft Bread *Cut in bite size pieces Sunflower butter 2TBS HS Add milk to sunbutter to dilute for EHS Apple *Applesauce
<b>Water – 4 oz</b>	<b>Water – 6 oz</b>	Water	Water	Water	Water	Water

All milk unflavored. 2 year and older served 1% milk. All muffins made with > 50% whole wheat flour. Recipes include 15g of Total Cereal.

KIDCO CHILDCARE HEAD START(HS) / EARLY HEAD START(EHS) CATERING CYCLE MENU-PROGRAM YEAR 2018-2019

CYCLE IV

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Berries *Cut in bite size pieces	Apple *Applesauce	Mandarin Oranges *Cut in bite size pieces	Banana *Cut into bite size pieces	Peach *Cut in bite size pieces
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other			Whole Grain Spinach Empanada 1 small 9 gr of whole grain *Cut in bite size pieces	Turkey & Cheese Sandwich ( Low Fat, low sodium cheese, low sodium turkey) *Cut into bite size pieces	
Bread – ½ slice OR  Cold Cereal- ¼ cup Hot cooked cereal ¼ cup	Bread – ½ slice OR  Cold Cereal- 1/3 cup Hot cooked cereal ¼ cup	Whole Grain Pancakes  *Cut in bite size pieces HS: 1 TBSP light syrup EHS: 1/2 TBSP light syrup	Kix Berry Berry (Whole Grain)  15g Total Cereal		Oatmeal Bread  *Cut into bite size pieces	Oatmeal Prepared with Coconut Cream  *15 gr Total Cereal
<b>*Whole Milk – 4 oz</b>	<b>Skim Milk – 6 oz</b>	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounces	Roast Chicken *cut in bite sized pieces	Picadillo Ground Chuck ( No Olives. 2 Oz for 1-2 yrs and 3 oz fro 3-5 yrs)	Chicken Nuggets (CN) *Cut in bite size pieces	Tuna Salad Sandwich *cut in bite sized pieces	Cheeseburger W/ Cheddar Cheese Slice *Cut in bite size pieces
Vegetable – ¼ cup - Salads must be served in double portions	Vegetable ¼ cup - Salads must be served in double portions	Sliced Carrots *Cut in bite size pieces	Plantains *cut in bite sized pieces	Roasted Squash (Acorn, Winter or Butternut) *cut in bite sized pieces	Broccoli Slaw *Steamed Broccoli cut in bite sized pieces	Roasted Potato Wedges *cut in bite sized pieces
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Salad ( Spinach, Romaine, Tomato, Cucumber) 1/2 cup Low fat Ranch Dressing *Tomato, cumber. No skin.bite sized pieces	Green Peas (fresh/frozen, not canned) *Mashed	Green Beans (fresh/frozen, not canned) *Cut in bite size pieces	Haitian Pumpkin Soup Soup Joumou (1/2 cup)	Romaine & Tomato *Fresh sliced tomato without skin. *cut in bite sized pieces
Bread – ½ slice Rice/Pasta – ¼ cup	Bread – ½ slice Rice/Pasta – ¼ cup	Moros ( Black Beans & Brown Rice) *Mashed	Brown Rice	Soft Roll *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Bun *Cut in bite size pieces
Other	Other			Honey Mustard		Mustard Mayo, Ketchup
<b>*Whole Milk – 4 oz</b>	<b>Skim Milk – 6 oz.</b>	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Bread – ½ slice Meat or Meat Alternate- ½ ounce Milk, Fruit, Juice, Vegetable – ½ cup	Pineapple *Cut into bite sized pieces  Low-fat Yogurt-4oz ½ TBSP All-Bran Buds	Hummus 2TBS EHS + HS Whole Wheat Pita *Cut into bite sized pieces	Cornbread with Cranberry 15g Total Cereal *Cut in bite size pieces Cheese *Cut in bite size pieces	Yogurt Parfait: Low-Fat Yogurt -4 oz Nut-Free Granola HS only Mango *Cut in bite size pieces	Mini Baguette *Cut in bite size pieces Cheese *Cut in bite size pieces Seasonal Fruit *Cut in bite size pieces
<b>Water – 4 oz</b>	<b>Water – 6 oz</b>	Water	Water	Water	Water	Water

All milk unflavored. 2 year and older served 1% milk. All muffins made with > 50% whole wheat flour. Recipes include 15g of Total Cereal.