

**MENU PLANNING FORM FOR TALLADEGA CLAY RANDOLPH COOSA CALHOUN & COOSA CHILD CARE/HEAD START
FOOD PROGRAM
HEAD START**

MONTH OF AUGUST 2018 WEEK NO. 5

| | 27 | 28 | 29 | 30 | 31 |
|-------------------------------------------|------------------------------------------------|------------------------------|------------------------------------------|--------------------------------|-----------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST Juice/Fruit/Vegetable | GRAPE JUICE | ORANGE JUICE | ½ APPLE | TROPICAL FRUIT | MANAGER'S CHOICE |
| BREAD/ CEREAL | GRITS/CHEESE | WG WAFFLES/ APPLE TOPPING | CINNAMON TOAST CRUNCH | CRISPITOES | |
| MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| LUNCH: Meat /Meat Alternate | SPAGHETTI | CHICKEN FETTUCINI | TURKEY AND RICE CASSEROLE | PIZZA | MANAGER'S CHOICE |
| VEGETABLE | CALIFORNIA BLEND VEGETABLES | SPINACH | MIXED SALAD GREENS/ RANCH DRESSING | FRESH CARROTS & BROCCOLI | |
| FRUIT | CRUSHED PINEAPLES | MIXED FRUIT | WATERMELON | ½ FRESH ORANGE | |
| BREAD | SPAGHETTI | WG FETTUCINI NOODLES | RICE | CRUST OF PIZZA | |
| MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| OTHER FOODS | | | | RANCH DRESSING | |
| SNACK (Two components required) | | | | | MANAGER'S CHOICE |
| MILK | | | | | |
| MEAT MEAT ALTERNATE | | YOGURT | | | |
| VEGETABLE | STEAMED CARROT STICKS/ RANCH DRESSING | FRESH STRAWBERRIES | APPLESAUCE | SALSA | |
| FRUIT | | | | | |
| BREAD | CAPTAIN WAFERS | | CHEX MIX | TORTILLA CHIPS | |

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.

**MENU FOR TCR CHILDCARE CORPORATION-CHEAHA REGIONAL HEAD START PROGRAM
HEAD START**

MONTH OF AUGUST 2018 WEEK NO. 1

| | | | 1 | 2 | 3 |
|-------------------------------------------|--------|---------|--------------------------------------|------------------------|----------------------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST Juice/Fruit/Vegetable | | | DICED PEACHES | ORANGE-PINEAPPLE JUICE | APPLESAUCE |
| BREAD/CEREAL | | | WG ENGLISH MUFFIN | HOT GRITS | CHEESE TOAST |
| MILK/FLUID | | | 1% MILK/ WHOLE MILK | 1% MILK/ WHOLE MILK | 1% MILK/ WHOLE MILK |
| LUNCH: Meat /Meat Alternate | | | SLOPPY JOE | CHICKEN STRIPS | FISH |
| VEGETABLE | | | BAKED SWEET POTATO FRIES | BROCCOLI SALAD | COLESLAW (<i>STEAMED CABBAGE</i>) |
| FRUIT | | | FRESH PLUMS (<i>APPLESAUCE</i>) | WATERMELON | MANDARIN ORANGES |
| BREAD | | | WG BUN | ½ SLICE WG BREAD | HUSHPUPPIES |
| MILK/FLUID | | | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| OTHER FOODS | | | | | |
| SNACKS: (two components required) | | | | | |
| MILK | | | | | |
| Meat/Meat Alternate | | | COLBY-JACK STRING CHEESE | | |
| Juice/fruit/vegetable | | | | PINEAPPLE CHUNKS | GRAPE JUICE |
| Bread/bread alternate | | | PITA CHIPS | TRAIL MIX | CAPTAIN WAFERS |
| | | WATER | WATER | WATER | WATER |

REMARKS: CHILDREN UNDER THE AGE OF 36 MONTHS CANNOT EAT SOME FOODS SERVED TO THE OLDER CHILDREN; THEREFORE, SUBSTITUTIONS WILL BE MADE AND LARGE FOODS CUT INTO PIECES SMALL ENOUGH FOR THE CHILDREN TO EAT WITHOUT CHOKING. SUBSTITUTIONS FOR CHILDREN UNDER 36 MONTHS OF AGE WILL BE LISTED BELOW THE REGULAR FOOD, IN ITALICS.

WELCOME TO CHEAHA HEAD START/EARLY HEAD START



MENU PLANNING FORM FOR TALLADEGA CLAY RANDOLPH COOSA CALHOUN & CLEBURNE CHILD CARE/HEAD START FOOD PROGRAM

MONTH OF AUGUST WEEK NO. 2

| | 6 | 7 | 8 | 9 | 10 |
|--------------------------------------------------------|----------------------------------------------------------|------------------------|------------------------|-----------------------|-----------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST Juice/Fruit/Vegetable | STEWED APPLES | ½ BANANA | HONEY DEW MELON | STRAWBERRIES | |
| BREAD/ CEREAL | WG FRENCH TOAST STICKS | MULTIGRAIN CHEERIOS | BRAN MUFFINS | WG TOAST | MANAGER'S CHOICE |
| FLUID | 1% MILK/ WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| LUNCH: Meat /Meat Alternate | TORTILLA CHICKEN ROLL UP | SWEET AND SOUR CHICKEN | SPAGHETTI W/MEAT SAUCE | TURKEY HAM | |
| VEGETABLE/FRUIT | LETTUCE, TOMATO & RED CABBAGE (<i>STEAMED CABBAGE</i>) | STEAMED BROCCOLI | GREEN SALAD | STEAMED BROCCOLI | MANAGER'S CHOICE |
| VEGETABLE /FRUIT | FRESH PEAR HALVES <i>DICED PEARS</i> | MIXED BERRIES | PEACH HALVES | FRUIT COCKTAIL | |
| BREAD | WG TORTILLA | WHOLE GRAIN RICE | WG SPAGHETTI NOODLES | WG ROLLS | |
| MILK/FLUID | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| OTHER FOODS | | | | | |
| SNACK: (two Components required) MILK | | | | | |
| Meat/Meat Alternate | | HUMMUS | | SLICE CHEESE | MANAGER'S CHOICE |
| Juice/fruit/vegetable | CANTALOUPE SLICES | BABY CARROTS | FROZEN 100% JUICE POPS | ½ APPLE | |
| Bread/bread alternate | CHEDDAR RICE CAKES | OVAL CRACKERS | GOLD FISH CRACKERS | | |
| | | WATER | | | |

REMARKS: CHILDREN UNDER THE AGE OF 36 MONTHS CANNOT EAT SOME FOODS SERVED TO THE OLDER CHILDREN; THEREFORE, SUBSTITUTIONS WILL BE MADE AND LARGE FOODS CUT INTO PIECES SMALL ENOUGH FOR THE CHILDREN TO EAT WITHOUT CHOKING. SUBSTITUTIONS FOR CHILDREN UNER 36 MONTHS OF AGE WILL BE LISTED BELOW THE REGULAR FOOD, IN ITALICS.

MENU PLANNING FORM FOR TALLADEGA CLAY RANDOLPH COOSA CALHOUN & CLEBURNE CHILD CARE/HEAD START FOOD PROGRAM

MONTH OF AUGUST 2018 WEEK NO. 3

| 1 | 13 | 14 | 15 | 16 | 17 |
|-------------------------------------------------|---------------------------|---------------------------|---------------------------|-----------------------------|----------------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST Juice/Fruit/Vegetable | | APPLESAUCE | ORANGE JUICE | ½ BANANA | NECTARINES |
| BREAD/ CEREAL | <i>MANAGER'S CHOICE</i> | CINNAMON TOAST | OATMEAL | TURKEY BACON WG BISCUIT | WG ENGLISH MUFFINS |
| MILK/FLUID | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> |
| LUNCH: Meat /Meat Alternate | | TURKEY PATTY | CHICKEN SALAD | BAR-B-Q CHICKEN | LASAGNA |
| VEGETABLE /FRUIT | | SPINACH | CARROTS & CELERY | CORN SALAD | PEAS AND CARROTS |
| VEGETABLE /FRUIT | <i>MANAGER'S CHOICE</i> | FRESH ORANGES | <i>PEAR HALVES</i> | HONEY DEW AND CANTALOUPE | ½ ORANGE <i>MANDARIN ORANGES</i> |
| BREAD | | STEAMED WG RICE | WG CRACKERS | ½ SLICE OF WG BREAD | WHOLE GRAIN NOODLES |
| MILK/FLUID | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> | <i>1% MILK WHOLE MILK</i> |
| <i>1% MILK WHOLE MILK</i> | | | | | |
| SNACK: (two Components required) MILK | | | | | |
| Meat/Meat Alternate | <i>MANAGER'S CHOICE</i> | | | ASSORTED YOGURT | CHEDDAR CHEESE STICK |
| Juice/fruit/vegetable | | WATERMELON (SEEDED) | TROPICAL FRUIT | BLUEBERRIES | STRAWBERRIES |
| Bread/bread alternate | | GOLD FISH CRACKERS | GRAHAM CRACKERS | GRANOLA CEREAL (GRAPE NUTS) | POUND CAKE / WHIP CREAM |
| | | WATER | | WATER | APPLE JUICE |

REMARKS: CHILDREN UNDER THE AGE OF 36 MONTHS CANNOT EAT SOME FOODS SERVED TO THE OLDER CHILDREN; THEREFORE, SUBSTITUTIONS WILL BE MADE AND LARGE FOODS CUT INTO PIECES SMALL ENOUGH FOR THE CHILDREN TO EAT WITHOUT CHOKING. SUBSTITUTIONS FOR CHILDREN UNDER 36 MONTHS OF AGE WILL BE LISTED BELOW THE REGULAR FOOD, IN ITALICS.



BACK TO SCHOOL JAM

MENU PLANNING FORM FOR TALLADEGA CLAY RANDOLPH & COOSA CHILD CARE/HEAD START FOOD PROGRAM

MONTH OF AUGUST 2018 WEEK NO .4

| | 20 | 21 | 22 | 23 | 24 |
|------------------------------------------------|-----------------------|-------------------------------------|-----------------------|---------------------------|-----------------------------|
| MEAL PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST Juice/Fruit/Vegetable | MIXED FRUIT | GRAPE JUICE | | MIXED FRUIT | CANTALOUPE SLICES |
| BREAD/ CEREAL | CROISSIANTS, SMALL | CHEESE TOAST | MANAGER'S CHOICE | BAGELS | BISCUITS |
| MILK/FLUID | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| LUNCH: Meat /Meat Alternate | CHICKEN NUGGETS | TACOS | | SLICED TURKEY | TUNA SALAD |
| VEGETABLE /FRUIT | BROCCOLI SALAD | REFRIED BEANS | | GREEN BEANS | PEAS & CARROTS |
| VEGETABLE /FRUIT | TROPICAL FRUIT | MANDARIN ORANGES | MANAGER'S CHOICE | PINEAPPLE CHUNKS | ½ FRESH GREEN APPLES |
| BREAD | WHOLE GRAIN ROLLS | TACO SHELL | | ½ SLICE WHOLE WHEAT BREAD | NON SALTED SALTINE CRACKERS |
| MILK/FLUID | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK | 1% MILK WHOLE MILK |
| OTHER FOODS | | SHREDDED LETTUCE AND DICED TOMATOES | | | |
| SNACK:(two components required) MILK | | | | | |
| Meat/Meat Alternate | CHEESE CUBES | | | | MILK |
| Juice/fruit/vegetable | | ½ PEAR | MANAGER'S CHOICE | WATERMELON SEEDED | |
| Bread/bread alternate | MELBA TOAST | GOLD FISH CRACKERS | | RITZ CRACKERS | CHEERIOS |
| | WATER | WATER | | WATER | |
| | | | | | |

REMARKS: CHILDREN UNDER THE AGE OF 36 MONTHS CANNOT EAT SOME FOODS SERVED TO THE OLDER CHILDREN; THEREFORE, SUBSTITUTIONS WILL BE MADE AND LARGE FOODS CUT INTO PIECES SMALL ENOUGH FOR THE CHILDREN TO EAT WITHOUT CHOKING. SUBSTITUTIONS FOR CHILDREN UNER 36 MONTHS OF AGE WILL BE LISTED BELOW THE REGULAR FOOD, IN ITALICS.