

**MENU PLANNING FORM FOR TALLADEGA CLAY RANDOLPH COOSA CALHOUN & COOSA CHILD CARE/HEAD START
FOOD PROGRAM EARLY 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	APPLESAUCE	TROPICAL FRUIT(PUREED)	MANAGER'S CHOICE
BREAD/ CEREAL	GRITS/CHEESE	WG WAFFLES/ APPLE TOPPING (CUT UP)	CINNAMON TOAST CRUNCH	<i>CRISPITOES</i> (CUT UP)	
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 AND MEAT SAUCE	CHICKEN FETTUCINI (CUT IN SMALL PIECES)	TURKEY AND RICE CASSEROLE (CUT UP)	PIZZA (CUT IN SMALL PIECES)	MANAGER'S CHOICE
VEGETABLE	CALIFORNIA BLEND VEGETABLES	SPINACH	GREEN BEANS	STEAMED CARROTS & BROCCOLI	
FRUIT	CRUSHED PINEAPPLES	MIXED FRUIT (PUREED)	WATERMELON (CUT IN SMALL PIECES)	MANDARIN ORANGES	
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	CARROT STICKS STEAMED	FRESH STRAWBERRIES (PUREED OR CUT IN SMALL PIECES)	APPLESAUCE	DICED PEACHES	
FRUIT					
BREAD	CAPTAIN WAFERS		WG RITZ CRACKERS	GRAHAM CRACKERS	

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EARLY 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			OATMEAL	HOT GRITS	CHEESE TOAST <i>(IN SMALL PIECES)</i>
MILK/FLUID			1% MILK/ WHOLE MILK	1% MILK/ WHOLE MILK	1% MILK/ WHOLE MILK
LUNCH: Meat /Meat Alternate			SLOPPY JOE <i>(CUT UP)</i>	CHICKEN STRIPS (CUT UP)	FISH <i>(IN SMALL PIECES)</i>
VEGETABLE			BAKED SWEET POTATO FRIES	STEAMED BROCCOLI	<i>(STEAMED CABBAGE)</i>
FRUIT			APPLESAUCE	WATERMELON <i>(CUT IN SMALL PIECES)</i>	MANDARIN ORANGES
BREAD			WG BUN	½ SLICE WG BREAD	HUSHPUPPIES (IN SMALL PIECES)
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				CRUSHED PINEAPPLE	GRAPE JUICE
Bread/bread alternate			RITZ	NONSALTED CRACKERS	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 EARLY HEAD START

MONTH OF AUGUST 2018 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 (PUREED)	
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(CUT IN SMALL PIECES)	SWEET AND SOUR CHICKEN (CUT IN SMALL PIECES)	SPAGHETTI W/MEAT SAUCE	TURKEY HAM (CHOPPED UP)	
VEGETABLE/FRUIT	<i>(STEAMED CABBAGE)</i>	CALIFORNIA BLEND(DICED)	STEAMED GREEN BEANS	STEAMED BROCCOLI	MANAGER'S CHOICE
VEGETABLE /FRUIT	<i>DICED PEARS</i>	STRAWBERRIES & BLUEBERRIES (PUREED)	PEACH HALVES (PUREED)	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 (STEAMED)	FROZEN 100% JUICE POPS	APPLESAUCE	
Bread/bread alternate	CHEDDAR RICE CAKES	OVAL CRACKERS	GOLD FISH CRACKERS		
		WATER			

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

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	DICED PEARS
BREAD/ CEREAL	<i>MANAGER'S CHOICE</i>	CINNAMON TOAST (CUT IN PIECES)	OATMEAL	WG BISCUIT (CUT IN SMALL PIECES)	WG TOAST
MILK/FLUID	<i>1% MILK WHOLE MILK</i>	<i>1% MILK WHOLE MILK</i>	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
LUNCH: Meat /Meat Alternate		TURKEY PATTY (CUT UP)	CHICKEN SALAD	BAR-B-Q CHICKEN (CUT IN SMALL PIECES)	LASAGNA
VEGETABLE /FRUIT		SPINACH	CARROTS & CELERY (STEAMED)	CREAMED CORN	PEAS AND CARROTS (PUREED)
VEGETABLE /FRUIT	<i>MANAGER'S CHOICE</i>	MANDARIN	<i>PEAR HALVES (PUREED)</i>	HONEY DEW AND CANTALOUPE	<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 (CUT IN SMALL PIECES)
Juice/fruit/vegetable		WATERMELON (SEEDED)	TROPICAL FRUIT (PUREED)	BLUEBERRIES (PUREED)	STRAWBERRIES (PUREED)
Bread/bread alternate		GOLD FISH CRACKERS	GRAHAM CRACKERS	GRANOLA CEREAL (GRAPE NUTS)	<i>POUND CAKE / WHIP CREAM</i>
		WATER		WATER	APPLE JUICE

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BACK TO SCHOOL JAM

EARLY HEAD START

MONTH OF AUGUST 2018 WEEK NO .4

	20	21	22	23	24
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Juice/Fruit/Vegetable	DICED PEACHES	GRAPE JUICE		APPLE JUICE	MIXED FRUIT (PUREED)
BREAD/ CEREAL	CROISSIANTS, SMALL	CHEESE TOAST	MANAGER'S CHOICE	CREAM OF WHEAT	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 (CUT IN SMALL PIECES)	TACOS		SLICED TURKEY (<i>CUT IN SMALL PIECES</i>)	TUNA SALAD
VEGETABLE /FRUIT	STEAMED BROCCOLI	REFRIED BEANS		GREEN BEANS (PUREED)	PEAS & CARROTS (PUREED)
VEGETABLE /FRUIT	TROPICAL FRUIT	MANDARIN ORANGES	MANAGER'S CHOICE	PINEAPPLE CHUNKS (PUREED)	APPLESAUCE
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					
SNACK: (two components required) MILK					
Meat/Meat Alternate	CHEESE CUBES				MILK
Juice/fruit/vegetable		DICED PEARS	MANAGER'S CHOICE	WATERMELON (<i>CUT IN SMALL PIECES</i>)	
Bread/bread alternate	CAPTAIN WAFERS	GOLD FISH CRACKERS		RITZ CRACKERS	CHEERIOS
	WATER	WATER		WATER	

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