

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

MONTH OF MAY 2019 WEEK NO 2

	6	7	8	9	10
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Juice/Fruit/Vegetable	TROPICAL FRUIT	APPLE SAUCE	TROPICAL FRUIT	½ PEACH	
BREAD/CEREAL	WHEAT TOAST	CINNAMON RAISIN BAGEL OR BISCUITS	HOT GRITS	CHEESE WHEAT TOAST	MANAGER'S CHOICE
MILK/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	SPAGHETTI	SUB SANDWICH	CHICKEN TACO SOUP	BLACK EYE PEAS	
VEGETABLE/FRUIT	TOSSED SALAD	FRESH BROCCOL / RANCH DRESSING	CARROT STICKS	CUCUMBER, ONION, & TOMATO SALAD	
VEGETABLE/FRUIT	½ APPLE	½ ORANGE	SLICED PEACHES	PEAR HALVES	MANAGER'S CHOICE
BREAD	WHEAT SPAGHETTI NOODLES	SUB ROLL	½ SLICED WHEAT BREAD	CORN BREAD	
MILK/FLUID	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
OTHER FOODS		FRITTOES			
SNACKS: (two components required) MILK	GRAHAM CRACKERS				
Meat/Meat Alternate			BLACK BEANS	SLICED CHEESE	MANAGER'S CHOICE
Juice/fruit/vegetable	½ APPLE	½ ORANGE	CANTALOUPE	CRUSHED PINEAPPLE	
Bread/bread alternate		BREAD STICKS/PIZZA SAUCE	QUINOA, SOFT TORTILLA		
				WATER	

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MONTH OF MAY 2019 WEEK NO. 3

	13	14	15	16	17
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u> Juice/Fruit/Vegetable	½ APPLE	DICED PEACHES		½ BANANA	SPICED APPLES
BREAD/ CEREAL	HOT OATMEAL	BREAKFAST PIZZA	MANAGER'S CHOICE	CHERRIOES	CHEESE TOAST
FLUID	1 % MILK WHOLE MILK	1 % MILK WHOLE MILK	1 % MILK WHOLE MILK	1 % MILK WHOLE MILK	1 % MILK WHOLE MILK
<u>LUNCH:</u> Meat /Meat Alternate	BAR-B-Q CHICKEN	TACOES WITH HARD SHELL		BAKED FISH	SPAGHETTI/MEAT
VEGETABLE/FRUIT	SQUASH CASSEROLE	SHREDDED LETTUCE/DICED TOMATOES		BROCCOLI	STEAMED BABY CARROTS
VEGETABLE /FRUIT	FRUIT COCKTAIL	MIXED FRUIT /KIWI FRUIT	MANAGER'S CHOICE	SLICED PEACHES	½ APPLE
BREAD	WHEAT ROLLS	TACO SHELL		ROLLS	PASTA IN SPAGHETTI
MILK/FLUID	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
OTHER FOODS		WHOLE KERNAL CORN			
<u>SNACK:</u> (two Components required MILK					
Meat/Meat Alternate		STRING CHEESE	ASSORTED YOUGURT		CHEESE CUBES
Juice/fruit/vegetable	CRUSHED PINEAPPLES	*PEAR BUNNIES		MANDARIN ORANGES	RITZ CRACKERS
Bread/bread alternate	TORTILLA CHIPS/SALSA		GRAHAM CRACKERS	RICE CAKES	
			WATER		

REMARKS:

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MONTH OF MAY 2018 WEEK NO. 4

	20	21	22	23	24
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Juice/Fruit/Vegetable	MIXED FRUIT	BANANAS AND STRAWBERRIES		½ ORANGE	CINNAMON APPLE SAUCE
BREAD/ CEREAL	HOT GRITS	WHEAT WAFFLES/ FRUIT TOPPING	MANAGER'S CHOICE	CORN FLAKES	HOT WHEAT BISCUITS
MILK/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	TUNA SALAD	TURKEY CASSEROLE		BAR-B-Q CHICKEN	FISH NUGGETS
VEGETABLE /FRUIT	STEAMED BABY CARROTS	STEAMED BROCCOLI		STRING BEANS	HASH BROWN POTATOES
VEGETABLE /FRUIT	½ APPLE	½ ORANGE	MANAGER'S CHOICE	POTATO SALAD	MIXED FRUIT
BREAD	NON - SALTED SALTINE CRACKERS	NOODLES IN CASSEROLE		½ SLICE WHEAT BREAD	½ SLICED BREAD
MILK/FLUID	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
OTHER FOODS					CELERY/RANCH DRESSING
SNACK: (two components required) MILK					
Meat/Meat Alternate	*SLICED CHEESE	ASSORTED YOGURT	MANAGER'S CHOICE		SLICED TURKEY
Juice/fruit/vegetable	*½ APPLE			PEAR HALVES	APPLE JUICE
Bread/bread alternate		GRAHAM CRACKERS		*TORTILLA CHIPS/W SALSA	YELLOW CAKE/CREAM CHEESE ICING
				WATER	ICE CREAM
					WATER

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MONTH OF MAY 2018 WEEK NO.5

	27	28	29	30	31
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Juice/Fruit/Vegetable					
BREAD/ CEREAL	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE
MILK/FLUID					
LUNCH:					
Meat /Meat Alternate					
VEGETABLE /FRUIT					
VEGETABLE /FRUIT	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE
BREAD					
MILK/FLUID					
OTHER FOODS					
SNACK:(two components required)					
MILK					
Meat/Meat Alternate					
Juice/fruit/vegetable	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE	MANAGER'S CHOICE
Bread/bread alternate					



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MONTH OF MAY 2019 WEEK NO. 1

			1	2	3
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u>			1/2 BANANA	APPLE JUICE	
Juice/Fruit/Vegetable					
BREAD/ CEREAL			RICE KRISPIES	HOT GRITS	MANAGER'S CHOICE
MILK/FLUID			1% MILK WHOLE MILK	1% MILK WHOLE MILK	
<u>LUNCH:</u>			SLOPPY JOES	PINTO BEANS	
Meat /Meat Alternate					
VEGETABLE /FRUIT			CALIFORNIA BLEND STEAMED VEGETABLES	GARDEN SALAD	
VEGETABLE /FRUIT			PEACH HALVES	MANDARIN ORANGES	MANAGER'S CHOICE
BREAD			BUN	CORN BREAD	
MILK/FLUID			1% MILK WHOLE MILK	1% MILK WHOLE MILK	
OTHER FOODS					
<u>SNACK:</u> (two components required)					
MILK					
Meat/Meat Alternate					
Juice/fruit/vegetable			*FRESH STRAWBERRIES	*FRESH CAULIFLOWER I/ CARROTS RANCH DRESSING	MANAGER'S CHOICE
Bread/bread alternate			ANIMAL CRACKERS	CAPTAIN WAFERS	



