

**MENU PLANNING FORM FOR TALLADEGA CLAY RANDOLPH HEAD START/DAY CARE PROGRAM
EARLY HEAD START**

MONTH OF SEPTEMBER 2018 WEEK NO.1

	3	4	5	6	7
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u> Juice/Fruit/Vegetable		APPLESAUCE	HONEYDEW MELON <i>CUT SMALL PIECES</i>	TROPICAL FRUIT SLIGHTLY PUREED	APPLE JUICE
BREAD/ CEREAL	MANAGER'S CHOICE	CHEESE WHOLE GRAIN TOAST	GRITS	<i>HOT WHOLE GRAIN BISCUITS</i>	RICE KRISPIES
FLUID		1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
<u>LUNCH:</u> Meat /Meat Alternate		PINTO BEANS	OVEN FRIED CHICKEN <i>(DICED)</i>	TURKEY MEAT LOAF	CUT CHICKEN
VEGETABLE/FRUIT		TURNIP GREENS	STRING BEANS	PEAS AND CARROTS	COOKED BROCCOLI
VEGETABLE/FRUIT	<i>MANAGER'S CHOICE</i>	CRUSH	MASHED POTATOES	MANDARIN ORANGES	SLICED PEACHES <i>DICED</i>
BREAD		CORN BREAD	ROLLS	STEAMED RICE	½ SLICED BREAD
MILK/FLUID		1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
OTHER FOODS					
<u>SNACK</u> (Two components required) MILK					
Meat/Meat Alternate	MANAGER'S CHOICE			YOGURT	SLICED CHEESE
Juice/fruit/vegetable		<i>ORANGE PINEAPPLE JUICE</i>	APPLE JUICE	FRESH STRAWBERRIES	
Bread/bread alternate		<i>DRY CHEERIOES</i>	<i>GOLD FISH CRACKERS</i>		<i>SALTINE CRACKERS</i>
				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.



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

EARLY HEAD START

MONTH OF SEPTEMBER 2018 WEEK NO. 2

	10	11	12	13	14
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Juice/Fruit/Vegetable	APPLE JUICE	GRAPE JUICE		FRESH STRAWBERRIES SLICED	APPLESAUCE
BREAD/ CEREAL	TURKEY SAUSAGE HOT GRITS	PANCAKES/W FRUIT TOPPING	MANAGER'S CHOICE	CHEESE TOAST	BRAN MUFFINS
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	<i>DRY LIMA BEANS /TURKEY HAM</i>	<i>CHICKEN SALAD</i>		FISH	LEMON PEPPER CHICKEN
VEGETABLE	GLAZED CARROTS	PEAS AND CARROTS	MANAGER'S CHOICE	CABBAGE SLAW STEAMED CABBAGE	COLLARD GREENS
FRUIT	<i>SLICED PEACHES</i>	<i>WATERMELON</i>		PEACH HALVES	MANDARIN ORANGES
BREAD	½ SLICED WHEAT BREAD	WHEAT CRACKERS		½ SLICE 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					
SNACK: (two Components required) MILK				PINEAPPLE JUICE	APPLE JUICE
Meat/Meat Alternate	SLICED TURKEY				
Juice/fruit/vegetable	CANTALOUPE SLICES (CUT)	<i>TROPICAL FRUIT</i>			
Bread/bread alternate		RITZ CRACKERS		BREAD STICKS/ CUBES PIZZA SAUCE	GRAHAM CRACKERS

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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 SEPTEMBER 2018 WEEK NO. 3

	17	18	19	20	21
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Juice/Fruit/Vegetable	ORANGE JUICE	APPLE SAUCE	PINEAPPLE JUICE	½ BANANA	
BREAD/ CEREAL	<i>CREAM OF WHEAT</i>	*CINNAMON TOAST <i>CUT IN PIECES</i>	TURKEY SAUSAGE BISCUIT <i>CUT IN PIECES</i>	HOT OATMEAL	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	TURKEY PATTIES/ GRAVY	<i>DICED CHICKEN</i>	CHICKEN TETRAZENI	SPAGHETTI & MEAT SAUCE	
VEGETABLE /FRUIT	PEAS AND DICED CARROTS	ENGLISH PEAS	<i>STEAMED BROCCOLI</i>	TOSSED SALAD	MANAGER'S CHOICE
VEGETABLE /FRUIT	MASHED POTATOES	<i>SLICED PEACHES</i>	½ <i>APPLE</i>	HONEY DEW AND CANTALOUPE	
BREAD	ROLLS	ROLLS	STEAMED RICE	WHEAT SPAGHETTI NOODLES	
MILK/FLUID	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
OTHER FOODS A					
SNACK: (two components required) MILK					
Meat/Meat Alternate	YOGURT			CUBED TURKEY	STRING CHEESE
Juice/fruit/vegetable	SALICED PEACHES	<i>GRAPE JUICE</i>	<i>FRESH STRAWBERRIES</i>	STEAMED BROCCOLI	GRAPE JUICE
Bread/bread alternate		NON-SALTINE CRACKERS	RITZ CRACKERS		YELLOW CAKE/CREAM CHEESE ICING
OTHER		WATER	WATER	WATER	ICE CREAM

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

MONTH OF SEPTEMBER 2018 WEEK NO. 4

	24	25	26	27	28
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u> Juice/Fruit/Vegetable	MIXED FRUIT	PINEAPPLE JUICE	STRAWBERRIES <i>PURREDD</i>	ORANGE JUICE	
BREAD/CEREAL	TURKEY HAM WHEAT BISCUITS <i>(CUT IN SMALL PIECES</i>	WHOLE GRAIN PANCAKES/FRUIT TOPPING	CROISSANTS/ SCRAMBLED EGGS	GRITS	<i>MANAGER'S CHOICE</i>
MILK/FLUID	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	
<u>LUNCH:</u> Meat /Meat Alternate	PHILLY STEAK SANDWICH	SWEET AND SOUR CHICKEN	SLICED TURKEY/GRAVY	LASAGNA	
VEGETABLE/FRUIT	<i>STEAMED CABBAGE</i>	MIXED VEGETABLE MEDLEY	FRESH CUCUMBER & TOMATO SALAD	SPINACH	
VEGETABLE/FRUIT	MANDARIN ORANGES	MANDARIN ORANGES	APPLE SLICES	½ FRESH PEAR <i>DICED PEARS</i>	<i>MANAGER'S CHOICE</i>
BREAD	WHEAT BUN	FRIED RICE	STEAMED RICE	WHOLE LASAGNA PASTA	
MILK/FLUID	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	
OTHER FOODS					
<u>SNACKS:</u> (two components required) MILK		1% MILK WHOLE MILK			
Meat/Meat Alternate			COTTAGE CHEESE		
Juice/fruit/vegetable	WATERMELON (NO SEEDS)		SLICE PEACHES	STEAMED CAULIFLOWER/ RANCH DRESSING	<i>MANAGER'S CHOICE</i>
Bread/bread alternate	*GOLD FISH CRACKERS	RITZ CRACKERS		<i>NON-SALTED SALTINE CRACKERS</i>	
	WATER	WATER		WATER	

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

MONTH OF SEPTEMBER 2018 WEEK NO. 1

					1
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u> Juice/Fruit/Vegetable					<i>SLICED PEARS</i>
BREAD/ CEREAL					RAISIN BREAD
MILK/FLUID					1% MILK WHOLE MILK
<u>LUNCH:</u> Meat /Meat Alternate					GROUND TURKEY CASSEROLE
VEGETABLE /FRUIT					GREEN BEANS
VEGETABLE /FRUIT					SLICED PEARS
BREAD					MACARONI IN CASSEROLE
MILK/FLUID					1% MILK WHOLE MILK
OTHER FOODS					
<u>SNACK</u> Two components required)					
MILK					
Meat/Meat Alternate					SLICE SWISS CHEESE
Juice/fruit/vegetable					
Bread/bread alternate					WHEAT CRACKERS
					WATER

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