

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

MONTH OF SEPTEMBER 2018 WEEK NO.1

**HEADSTART**

	3	4	5	6	7
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Juice/Fruit/Vegetable		APPLESAUCE	HONEYDEW MELON	TROPICAL FRUIT	APPLE JUICE
BREAD/ CEREAL	MANAGER'S CHOICE	CHEESE WHOLE GRAIN TOAST	GRITS	<i>HOT WHOLE GRAIN BISCUITS</i>	CHESSE TOAST
FLUID		1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
<b>LUNCH:</b> Meat /Meat Alternate		PINTO BEANS	OVEN FRIED CHICKEN	TURKEY MEAT LOAF	CHICKEN SLIDERS
VEGETABLE/FRUIT		TOSSED SALAD/ ROMAINE LETTUCE	STRING BEANS	SPINACH	FRESH BROCCOLI/ RANCH DRESSING
VEGETABLE/FRUIT	<i>MANAGER'S CHOICE</i>	PINEAPPLE RINGS	MASHED POTATOES	MANDARIN ORANGES	SLICED PEACHES <i>DICED</i>
BREAD		CORN BREAD	ROLLS	STEAMED RICE	SLICER BUNS
MILK/FLUID		1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK	1% MILK WHOLE MILK
OTHER FOODS					
<b>SNACK</b> (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>ANIMAL CRACKERS</i>
				WATER	RANCH DRESSING

**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  
**HEAD START**

MONTH OF SEPTEMBER 2018 WEEK NO. 2

	10	11	12	13	14
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>BREAKFAST</u> 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
<u>LUNCH:</u> Meat /Meat Alternate	DRY LIMA BEANS /TURKEY HAM	CHICKEN SALAD		FISH	LEMON PEPPER CHICKEN
VEGETABLE	GLAZED CARROTS	PEAS AND CARROTS	MANAGER'S CHOICE	CABBAGE SLAW	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				SHREDDED LETTUCE/DICED TOMATOES	
<u>SNACK:</u> (two Components required) MILK			MILK	PINEAPPLE JUICE	
Meat/Meat Alternate	SLICED TURKEY		CREAM CHEESE		
Juice/fruit/vegetable	CANTALOUPE SLICES	<i>TROPICAL FRUIT</i>	GRAPE TOMATOES; BLACK OLIVES;		
Bread/bread alternate		RICE CAKES	RITZ CRACKERS	BREAD STICKS/ PIZZA SAUCE	

**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  
HEAD START**

MONTH OF SEPTEMBER 2018 WEEK NO. 3

	17	18	19	20	21
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> Juice/Fruit/Vegetable	ORANGE JUICE	APPLE SAUCE	PINEAPPLE JUICE	½ BANANA	
BREAD/ CEREAL	BLUEBERRY MUFFINS	*CINNAMON TOAST	TURKEY SAUSAGE BISCUIT	*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
<b>LUNCH:</b> Meat /Meat Alternate	TURKEY PATTIES/ GRAVY`	<i>NACHOS WITH DICED CHICKEN</i>	CHICKEN TETRAZENI	SPAGHETTI & MEAT SAUCE	
VEGETABLE /FRUIT	PEAS AND DICED CARROTS	SHREDDED LETTUCE & DICED TOMATOES	<i>STEAMED BROCCOLI</i>	TOSSED SALAD	MANAGER'S CHOICE
VEGETABLE /FRUIT	MASHED POTATOES	<i>SLICED PEACHES</i>	<i>½ APPLE</i>	HONEY DEW AND CANTALOUPE	
BREAD	ROLLS	TORTILLA CHIPS	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					
<b>SNACK:</b> (two components required) MILK					
Meat/Meat Alternate	YOGURT				STRING CHEESE
Juice/fruit/vegetable	SALICED PEACHES	<i>GRAPE JUICE</i>	<i>FRESH STRAWBERRIES</i>	FRESH BROCCOLI (RANCH DRESSING)	PINEAPPLE JUICE
Bread/bread alternate		NON-SALTINE CRACKERS	PRETZEL STICKS GRAHAM CRACKERS		YELLOW CAKE/VANILLA ICING
OTHER			DARK CHOCALATE SYRUP		ICE BREAM
		WATER	WATER	WATER	

REMARKS: CHILDREN UNDER THE AGE OF 36 MONTHS CANNOT EAT SOME FOODS SERVED TO THE OLDER CHILDREN; THEREFORE, SUBSTIUTIONS 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 CALHOUN & CLEBURNE CHILD CARE/HEAD START FOOD PROGRAM**

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	ORANGE JUICE	
BREAD/CEREAL	TURKEY HAM WHEAT BISCUITS	WHOLE GRAIN PANCAKES/FRUIT TOPPING	*CROISSANTS/ SCRAMBLED EGGS	GRITS	MANAGER'S CHOICE
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	ZESTY COLE SLAW STEAMED CABBAGE	MIXED VEGETABLE MEDLEY	STEAMED BROCCOLI	*SPINACH	
VEGETABLE/FRUIT	½ ORANGE (SEEDED) MANDARIN ORANGES	MANDARIN ORANGES	APPLE SLICES	½ FRESH PEAR DICED PEARS	MANAGER'S CHOICE
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)		BROCCOLI AND SNAP PEAS	FRESH CAULIFLOWER/ RANCH DRESSING	MANAGER'S CHOICE
Bread/bread alternate	*GOLD FISH CRACKERS	RITZ CRACKERS	MELBA TOAST; GOLD FISH CRACKERS	NON-SALTED SALTINE CRACKERS	
	WATER	WATER		WATER	

**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](mailto:program.intake@usda.gov).

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

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

MONTH OF SEPTEMBER 2018 WEEK NO. 1

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

