

WHAT'S COOKING?				Knox County Head Start				
				Menu Subject to Change			2015/2016	
Center								
Menu Form				Age Group				
				Monday	Tuesday	Wednesday	Thursday	Friday
		1-2	3-5	6-12				
<b>Requirements:</b>								
<b>Breakfast:</b>								
Milk, fluid	1/2 cup	3/4 cup	1 cup	*Milk	*Milk	*Milk	*Milk	*Milk
Veg. And/or	1/4 cup	1/2 cup	1/2 cup	Cheese Omelet	Breakfast Pizza	Cottage Cheese	Cereal	Pancakes
Fruit Juice				Oranges	Pears	with Pineapple	Banana	Warm Peaches
Cereal/Bread/Alternate	1/3 oz. Or	1/2 oz. Or	1 oz. Or	Toast		English Muffin		
	1/2 slice	1/2 slice	1 slice					
<b>Lunch</b>								
Milk, fluid	1/2 cup	3/4 cup	1 cup	*Milk	*Milk	*Milk	*Milk	*Milk
Meat/Alternate	1 oz.	1-1/2 oz	2 oz.	Tomato Soup	Shredded	Beef & Bean	Turkey w cheese	Sloppy Joe
				Grilled Ham/Cheese	Chicken Sandwich	Burrito	lettuce/tomato	Pita
Bread/Alternate	1/2 slice	1/2 slice	1 slice	WG Bread	WG Bun		WG Wrap	Green Beans
Vegetable/Fruit	2 servings to total:				Prince Edward Blend	Salad	Peppers/Carrots	Tossed Salad
Vegetable/Fruit	1/4 cup	1/2 cup	3/4 cup	Fruit Cocktail	Peaches	Tropical Fruit	Toddlers - Cucumbers	Strawberries &
Vegetable/Fruit				Toddlers - Pears			Watermelon	Bananas
<b>Snack (Choose 2 of these 4)</b>								
Milk, fluid	1/2 cup	1/2 cup	1 cup	*Milk	Water	Grape Juice	*Milk	*Milk
Vegetable/Fruit	1/2 cup	1/2 cup	3/4 cup		Fruit Pizza		Apple Sticks	Blueberry
Bread/Alternate	1/2 slice	1/2 slice	1 slice	PBJ Sandwiches		Cheese cubes	IT Mixed fruit	Muffin
Meat/Alternate	1/2 oz.	1/2 oz.	1 oz.	IT Animal crackers		IT Cheese/Crackers		
Nutritionists recommend serving whole milk for age 1 and 2 and low fat milk for ages 3-5.								
Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.								
Menus planned in accordance with the recommendations of the Dietary Guideline for Americans.								
**Indicates Food Source of Vitamin C					WG- indicates item is whole grain			
*Indicates Food Source of Vitamin A					100% Fruit Juice Only Served			