

**TCAP Head Start Menu
Fall/Winter 2019-2020 Week 1**



SC= school celebration
NS= No school

September 2-NS
September 30
October 28
November 25
December 23-NS

September 3
October 1
October 29
November 26-SC
December 24-NS

September 4
October 2
October 30
November 27-NS
December 25-NS

September 5
October 3
October 31-SC
November 28-NS
December 26-NS

September 6
October 4
November 1
November 29-NS
December 27-NS

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 3/4c 2. Fruit, veg or juice, 1/2c 3. Enriched or WG bread or cereal, 1/2sl, 1/3c or 1/2oz hot cereal, 1/4c *minimum 1 serving from all	-WG Kix Cereal(1/2c) -Pear cup(1/2 c ea) -Milk(3/4c)	-Yogurt(4oz) -Blueberries(1/2c) -WG Rice Chex(1/4c) -Milk(3/4c)	-WG Pancakes (2 ea) w/ 2 tsp light syrup -Banana(1/2 ea) -Milk(3/4c)	-Hard boiled egg(1ea) -WG Bread (1ea) -Cheese Slice(1oz) -Kiwi (1/2 ea) -Milk(3/4c)	-Blueberry Muffin (1ea) -Apple(1/2c) -Milk(3/4c)
LUNCH 1. Meat or alt, 1 1/2 oz 2. Vegetables, 1/4c 3. Fruits, 1/4c 4. Grains 1/2oz 5. Milk 1%, 3/4c *minimum one serving from all 5 components	-Mac & Cheese(1/2 c) -Peas/Carrots Mix (1/4c) -Yogurt(4oz) -Apple (1/2ea) -Milk(3/4c)	<i>Beefy Tacos</i> -Ground Beef (1/4c) -Shredded lettuce (1/4c) -LF Shredded cheese (1/8c) Salsa(1/8c) -WG Corn Tortillas (2ea) -Mandarin Oranges (1/4c) -Milk (3/4 c)	-BBQ Chicken Strips (2 ea) -Sweet potato fries (1/4c) -Fresh Orange (1/4c) -Salad (1ea) -Milk(3/4c)	-Meatloaf w/ light gravy -Mashed potatoes (1/4c) -Green Beans(1/4c) -Peaches (1/4c) -WG roll -Milk(3/4c)	-WG English Muffin Pizza (1 ea) -Yogurt (4oz) -Salad (1/4c) -Mixed Fruit cup (1/4c) -Milk (3/4c)
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG 1/2 sl, 1/3c, or 1/2 oz 4. Meat or alt. 1/2oz *minimum two servings from any of the four components	-WG Sun Chips -Tropical Fruit Cup(1ea or 1/2c) -Natural Cheese stick (1ea)	-Zucchini Bread(1oz) -Carrot Sticks (1oz) -Mixed Fruit Cup (1/2c)	-WG Tortilla Chips(1oz) w/ Salsa** -Apple Juice(1/2c)	- WG PB & J(1ea) -Milk(1/2 c)	<i>Trail Mixin</i> (Pretzels, Oat cereal, raisins, Rice cereal) (1/2c) -Celery/Carrot Sticks(1/4 c) --Milk (1/2c)

Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded

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**TCAP Head Start Menu
Fall/Winter 2019-2020 Week 2**



September 9
October 7
November 4
December 2
December 30-NS

September 10
October 8
November 5
December 3
December 31-NS

September 11
October 9
November 6
December 4
January 1-NS

September 12
October 10
November 7
December 5
January 2-NS

September 13
October 11
November 8
December 6
January 3-NS

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 3/4c 2. Fruit, veg or juice, 1/2c 3. Enriched or WG bread or cereal, 1/2sl, 1/3c or 1/2oz hot cereal, 1/4c *minimum 1 serving from all 3 components	-WG Cheerios (1/3c) -Orange (1/2 ea) -Milk(3/4c)	-WG French Toast Sticks (3 ea) w/ 2 tsp lite syrup -Berries (1/2 c) -Milk(3/4c)	-WG English Muffin (1/2 ea) -Peanut Butter(1tbsp) -Mandarin Oranges (1ea or 1/2c)	-Hard boiled egg(1ea) -WG Tortilla wrap (1ea) -Cheese Slice(1oz) -Mixed fruit cup(1/2 c) -Milk(3/4c)	-WG Peanut butter & Jelly (1 ea) -Apple(1/2c) -Milk(3/4c)
LUNCH 1. Meat or alt, 1 1/2 oz 2. Vegetables, 1/4c 3. Fruits, 1/4c 4. Grains 1/2oz 5. Milk 1%, 3/4c *minimum one serving from all 5 components	-Beef Ravioli(3/4 c) -Green Beans(1/4c) -WG roll(1 ea) -Peaches (1/2ea) -Milk(3/4c)	-Hamburger on WG Bun(1ea) -Applesauce(1/4c) -Corn on Cob(1ea) -Milk(3/4c)	-Chicken Terriaki (1/2c) -Rice (1/3c) -Mixed Vegetables (1/4c) -Peaches(1/4c) -Milk(3/4c)	-Swedish Meatballs (3 ea) -WG Noodles (1/4c) -Peas and carrots (1/4c) -Pineapple(1/4c) -Milk(3/4c)	-WG Cheese Pizza with **Diced green peppers, mushrooms and black olives on the side (1 ea) -Yogurt -Fresh fruit (in season) -Salad (1/4c) -Milk (3/4 c)
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG 1/2 sl, 1/3c, or 1/2 oz 4. Meat or alt. 1/2oz *minimum two servings from any of the four components	WG Corn Muffin -Apple (1/2c) --Milk (1/2c)	-**LF Cottage Cheese (1/4c) -WG Cheese Nips (1 oz) -Pineapple chunks (1/2 c)	<i>Trail Mixin'</i> Pretzels, WG Oat cereal, Raisins, Rice Cereal Mix (1/2c) -Yogurt (4oz)	-WG Crackers(1oz) -**Hummus (1TBSP) -Peaches (1/2c) -Milk(4oz)	-Blueberry Muffin(1ea) -Pear(1/2 ea or 1/2c) -Milk(4oz)

Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese

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**TCAP Head Start Menu
Fall/Winter 2019-2020 Week 3**



September 16
October 14
November 11
December 9
January 6

September 17
October 15
November 12
December 10
January 7

September 18
October 16
November 13
December 11
January 8

September 19
October 17
November 14
December 12
January 9

September 20
October 18
November 15
December 13
January 10

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 3/4c 2. Fruit, veg or juice, 1/2c 3. Enriched or WG bread or cereal, 1/2sl, 1/3c or 1/2oz hot cereal, 1/4c *minimum 1 serving from all 3 components	-WG Raisin Bread (1 ea) -Apple (1/2 ea) -Milk(3/4c)	Hard boiled egg(1ea) -WG English Muffin (1/2 ea) w/ 1 tbsp **Hummus -Mixed Fruit Cup (1/2 c)	-WG Mini Bagel (1 ea) w/ LF Cream Cheese(1tbsp) and (1 tsp) no sugar added fruit spread -Applesauce (1/2c) -Milk(3/4c)	-Blueberry Muffin (1ea) -Pear Cup (1/2c) -Milk(3/4c)	-WG Corn Flakes (1/3c) -Banana (1/2 ea) -Milk(3/4c)
LUNCH 1. Meat or alt, 1 1/2 oz 2. Vegetables, 1/4c 3. Fruits, 1/4c 4. Grains 1/2oz 5. Milk 1%, 3/4c *minimum one serving from all 5 components	-Chicken Sandwich on WG Bun (1ea) -Mashed Potatoes (1/4c) -Steamed Carrots(1/4c) -Kiwi (1ea) -Milk(3/4c)	-Beef (2 oz) and Broccoli (1/4 c) - Rice (1/3 c) -Mandarin Orange Cup (1 ea) -Milk(3/4c)	-Spaghetti (1/3c) and Meatballs (2ea) -WG Roll (1ea) -Steamed Broccoli (1/4c) -Peaches(1/4c) -Milk(3/4c)	<i>Breakfast for Lunch</i> -Scrambled eggs(1/2c) -Pancake and Sausage wrap (1 ea) -Breakfast Potatoes (1/4c) -Orange Slices (1/4c) Milk(3/4c)	-WG Cheese Pizza -Yogurt -Fresh fruit (in season) -Salad (1/4c) -Milk (3/4 c)
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG 1/2 sl, 1/3c, or 1/2 oz 4. Meat or alt. 1/2oz *minimum two servings from any of the four components	-WG Bread Stick **Tomato dipping sauce -Milk (4 oz)	<i>Ants on a Log</i> -Celery Sticks (1/4c) -Raisins (1/4 c) -Peanut butter (1 tbsp) -Milk (4oz)	-Pretzels (1 oz) -Natural Cheddar cheese (1 oz) -White Grape Juice (4 oz)	-Yogurt (4 oz) -Fresh fruit in season (1/2c)	-Zucchini Bread (1ea) -Pineapple cup(1ea) -Milk (4 oz)

Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese

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**TCAP Head Start Menu
Fall/Winter 2019-2020 Week 4**



September 23
October 21
November 18
December 16
January 13

September 24
October 22
November 19
December 17
January 14

September 25
October 23
November 20
December 18
January 15

September 26
October 24
November 21
December 19
January 16

September 27
October 25
November 22
December 20
January 17

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 3/4c 2. Fruit, veg or juice, 1/2c 3. Enriched or WG bread or cereal, 1/2sl, 1/3c or 1/2oz hot cereal, 1/4c *minimum 1 serving from all 3 components	-WG Frosted Mini Wheats (1/3c) -Tropical Fruit cup (1 ea) -Milk(3/4c)	-Hard boiled egg(1ea) -WG Tortilla wrap (1ea) -Cheese Slice(1oz) -Grapefruit (1/2 c) -Milk(3/4c)	-WG Peanut Butter and Jelly (1 ea) -Apple (1/2 ea) -Milk(3/4c)	-Yogurt (4 oz) -Mixed fruit cup (1 ea) -Corn Bread (1/2 ea) -Milk (3/4c)	-WG Mini Bagel (1 ea) w/** LF Cream cheese (1tsp) -Mandarin Orange cup (1ea) -Milk(3/4c)
LUNCH 1. Meat or alt, 1 1/2 oz 2. Vegetables, 1/4c 3. Fruits, 1/4c 4. Grains 1/2oz 5. Milk 1%, 3/4c *minimum one serving from all 5 components	Chicken Nuggets (4ea) -Tater Tots (1/4c) -Cooked Carrots(1/4c) -Kiwi (1 ea) -Milk(3/4c)	-Turkey Sloppy Joes (1/4c) on WG Bun (1ea) -Salad (1/4c) -Pear cup (1 ea) -Milk (3/4c)	-WG Alfredo Pasta (3/4 c) w/ Chicken (2oz) -Broccoli(1/4c) -WG roll(1 ea) -Peaches (1/2ea) -Milk(3/4c)	-WG Turkey and Provolone Wrap (1 ea) -Green Pepper and Carrot Sticks w/ 1 tbsp low-fat dressing -Tropical fruit cup (1/4c)	-WG Cheese Pizza (1 ea) -Yogurt (4oz) -Fresh fruit (in season) (1/4c) -Salad (1/4c) -Milk (3/4 c)
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG 1/2 sl, 1/3c, or 1/2 oz 4. Meat or alt. 1/2oz *minimum two servings from any of the four components	-WG Peanut Butter and Jelly (1ea) -Milk(4oz)	WG Tortilla Chips(1oz) w/ Salsa** -Mozzarella Cheese Stick (1oz)	-WG Crackers(1oz) -Fruit Cup (1/2c)	-WG Raisin Bread(1oz) -**LF Cottage Cheese (1TBSP) -Apple Slices(1/2c)	-WG Corn Bread(1ea) -Tropical Fruit Cup(1ea or 1/2c) -Milk(1/2c)

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