



# TCAP Head Start Menu Winter/Spring 2019-2020 Week 1



January 20  
February 17-NS  
March 16  
April 13-NS  
May 11

January 21  
February 18  
March 17  
April 14-NS  
May 12

January 22  
February 19  
March 18  
April 15-NS  
May 13

January 23  
February 20  
March 19  
April 16  
May 14

January 24  
February 21  
March 20  
April 17-NS  
May 15

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
<b>BREAKFAST</b> 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(1/2c) -Pineapple cup (1/2 c ea) -Milk(3/4c)	-Yogurt(4oz) -Banana (1/2e) -WG Corn Flakes (1/4c) -Milk(3/4c)	-WG Pancakes (2 ea) w/ 2 tsp light syrup -Peaches (1/2c) -Milk(3/4c)	-Hard boiled egg(1ea) -WG Bread (1ea) -Cheese Slice(1oz) -Orange (1 ea) -Milk(3/4c)	-Blueberry Muffin (1ea) -Apple(1/2c) -Milk(3/4c)
<b>LUNCH</b> 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	-WG Mac and Cheese (3/4 c) -Yogurt (4oz) -Green Beans (1/4c) -Mixed Fruit cup (1/4c) -Milk (3/4c)	-Chicken Alfredo w/ WG Pasta -Broccoli (1/4c) -Mandarin Oranges (1/4c) -Milk (3/4 c)	-WG Grilled Cheese (1 each) -Cooked Carrots(1/4c) -Tomato Soup (1/4c) -Pineapple chunks (1/4c) -Milk(3/4c)	-WG Pizza (1 ea) -Yogurt (4oz) -Salad(1/4c) -Peaches (1/4c) -Milk(3/4c)	-Breaded Chicken Sandwich on WG Bun (1 ea) -Mashed Potatoes(1/4c) -Peaches (1/4 c) -Milk (3/4c)
<b>P.M. SNACK</b> 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 -Apple (1ea or 1/2c) -White Grape Juice (1/2c)	-Zucchini Bread(1oz) -Applesauce (1/2c) -Milk (1/2c)	<i>Trail Mixin</i> (Pretzels, Oat cereal, raisins, Rice cereal) (1/2c) -Apple (1 ea)	-WG Crackers (1 oz) -Blueberries (1/2c) -Milk (1/2c)	-WG PB and J (1 ea) -Carrots and Celery sticks (1/2c) -Milk (1/2)
	Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded		**Indicates foods offered for Introduction to new tastes, textures, and /or experiences. Not always meal component.		Menu subject to change without notice. (Rev 01/20) The USDA is an equal opportunity employer. (01/20)



TCAP Head Start Menu  
Winter/Spring 2019-2020 Week 2



SC= school celebration  
NS= No school

January 27  
February 24  
March 23  
April 20  
May 18

January 28  
February 25  
March 24  
April 21  
May 19

January 29  
February 26  
March 25  
April 22  
May 20

January 30  
February 27  
March 26  
April 23  
May 21

January 31  
February 28  
March 27  
April 24  
May 22-Last Day

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
<b>BREAKFAST</b> 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 (1/2c) -Pear cup (1/2 c ea) -Milk(3/4c)	-WG PB and Jelly (1 ea) -Banana (1/2 ea) -Milk(3/4c)	-WG Pancakes (2 ea) w/ 2 tsp light syrup -Peaches (1/2c) -Milk(3/4c)	-Hard boiled egg(1ea) -WG Mini Bagel (1ea) -Peanut Butter (1tbsp) -Mandarin Oranges (1/4 c) -Milk(3/4c)	-Yogurt (4 oz) -WG Chex Cereal (1/4c) -Milk(3/4c)
<b>LUNCH</b> 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	-Spaghetti with Sauce (3/4 c) -Meatballs (2 ea) -Salad (1/4c) -Mixed Fruit cup (1/4c) -Milk (3/4c)	<i>-Breakfast for Lunch</i> -Scrambled Eggs (1/4c) -Pancake and Sausage (1 ea) with lite syrup -Hashbrown Potato (1/4c) -Orange (1 ea) -Milk (3/4c)	-WG Chicken Nuggets (3 each) -Carrot sticks (1/4c) w/ ranch dressing -Applesauce (1/4c) -Milk(3/4c)	-WG Pizza (1 ea) -Yogurt (4oz) -Broccoli(1/4c) -Fruit cup (1/4c) -Milk(3/4c)	-Hamburger on WG Bun (1 ea) -Tater Tots (1/4c) -Peaches (1/4 c) -Milk (3/4c)
<b>P.M. SNACK</b> 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 Crackers (1 oz) -Peanut Butter (1 tbsp) -Apple slices (1/4c)	-Zucchini Bread(1oz) -Applesauce (1/2c) -Milk (1/2c)	WG Goldfish Crackers (1 oz) -Cottage Cheese (1/4 c) -Pineapple Chunks (1/2c)	-Blueberry Muffin (1 ea) -Milk (1/2c)	-Trail Mix (Cereal, Raisins, pretzels) (1/2c) -Apple -Milk (1/2)
	Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded		**Indicates foods offered for introduction to new tastes, textures, and /or experiences. Not always meal component. -		Menu subject to change without notice. (Rev 01/20) The USDA is an equal opportunity employer. (01/20)



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



SC= school celebration  
NS= No school

February 3  
March 2  
March 30  
April 27

February 4  
March 3  
March 31  
April 28

February 5  
March 4  
April 1  
April 29

February 6  
March 5  
April 2  
April 30

February 7  
March 6  
April 3  
May 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
<b>BREAKFAST</b> 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 Bran (1/2c)  -Apple (1/2 c or 1ea)  -Milk(3/4c)	-Yogurt (4 oz)  -WG Blueberry Muffin (1 ea)  -Milk(3/4c)	-WG Peanut Butter and Jelly (1 ea)  -Banana (1 ea)  -Milk(3/4c)	--WG Pancakes (2ea) w/ 2tsp light syrup  -Fresh Berries (1/4 c )  -Milk(3/4c)	-WG English Muffin (1/2c)  -Peanut Butter (1tbsp)  -Orange (1/2c or 1 ea)  -Milk(3/4c)
<b>LUNCH</b> 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	-Penne Pasta with Sauce (1/2 c) -Meatballs (2 ea) -WG Roll (1 ea) -Green Beans (1/4c) -Pineapple Cup (1/4c) -Milk (3/4c)	-Beefy Sloppy Joes (3/4 c) -w/ WG Bun (1 ea) -Sweet Potato Fries (1/4c) -Peaches (1/4c) -Milk (3/4c)	-Chicken Strips (2 each) -Cheesy Potatoes (1/4c) -Corn (1/4c) -Fruit Cup (1 ea) - Milk (3/4 c)	-WG Pizza (1 ea) -Yogurt (4oz) -Salad (1/4c) -Mandarin Oranges (1/4c) -Milk(3/4c)	-WG Grilled Cheese Sandwich (1 ea) -**Wedding Soup (1/2c) -Broccoli (1/4c) -Fresh fruit in season (1/4c or 1 ea) -Milk(3/4c)
<b>P.M. SNACK</b> 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	-Trail Mixin' (Pretzels, Oat cereal, Raisins, Rice Cereal)- (1 oz) -Carrot Sticks (1/4c) -Milk (1/2c)  Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese	-WG Crackers (1oz) -Natural Cheese (1oz) -Apple Slices (1/4c)	-WG Corn Muffin (1 ea) -Tropical Fruit (1/4c) -Milk (1/2c)	-Goldfish Crackers (1 oz) -Carrots sticks and Celery (1/2c) w/ 2 tbs low-fat dressing	-WG Peanut Butter and Jelly (1 ea) -Grapes (1/4c) -Milk (1/2c)
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TCAP Head Start Menu  
Winter/Spring 2019-2020 Week 4



February 10  
March 9  
April 6  
May 4

February 11  
March 10  
April 7  
May 5

February 12  
March 11  
April 8  
May 6

February 13  
March 12  
April 9  
May 7

February 14  
March 13  
April 10  
May 8

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
<b>BREAKFAST</b> 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 Kix (1/2c) -Orange (1/2 c or 1ea) -Milk(3/4c)	-WG English Muffin (1/2c) -Hard Boiled Egg (1ea) -Pineapple cup (1/2c) -Milk(3/4c)	-WG Peanut Butter and Jelly (1 ea) -Banana (1 ea) -Milk(3/4c)	-WG Blueberry Muffin (1 ea) -Tropical Fruit cup (1/4c) -Milk(3/4c)	--WG Pancakes (2ea) w/ 2tsp light syrup -Fresh Berries (1/4 c) -Milk(3/4c)
<b>LUNCH</b> 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	-Hamburger w/ cheese (2oz) On WG Bun (1ea) -Corn on the Cob (1 ea) -**Cole Slaw (1/4c) -Peaches (1/4c) -Milk (3/4c)	-Chicken Stir-Fry -Chicken Pieces(2 oz) -Rice (1/3c) -Mixed Vegetables (1/4c) -Apple(1ea or 1/4c) -Milk (3/4c)	<i>Breakfast for Lunch</i> -Scrambled Eggs (1/4c) -WG Pancakes (2 ea) w/ lite syrup (2 tsp) -Hash browns (1/4c) -Orange slices (1/4c) -Milk (3/4c)	-WG Pizza (1 ea) -Yogurt (4oz) -Salad (1/4c) -Fruit cup (1/4c) -Milk(3/4c)	-Breaded Chicken Sandwich (2oz) on WG bun (1 ea) -Cheesy Potatoes (1/4c) -Green Beans(1/4c) -Fresh Fruit in season (1 ea) - Milk (3/4 c)
<b>P.M. SNACK</b> 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 Tortilla Chips (1 oz) -**Salsa (1/4c) -Apple Juice(1/2c) Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese	-Zucchini Bread (1 ea) -Grapes (1/4c) -Milk (1/2c)	-WG Goldfish Crackers (1 oz) -Carrots sticks and Celery (1/2c) w/ 2 tbs low-fat dressing	-PB Crackers (1oz) -Fresh fruit in season 1/2 ea or 1/2c) -Milk (1/2c)	-WG Breadstick (1oz) -Mozzarella cheese stick (1oz) -**Dipping Sauce -Milk (1/2c)

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