

TCAP Menu

Welcome to the 2018-2019 school year! We are excited to have your children with us and look forward to a successful year together! My name is Susan Esmail, Registered Dietitian, here at TCAP Head Start. I will be working with your children, their teachers, and our kitchen staff to provide them with nutritious meals and snacks, while they are with us. Our goal is to provide your children with a variety of foods, some familiar and some new, that will expand their knowledge and their taste buds, while building healthy habits and educating them about nutrition along the way. We look forward to working with them, and YOU, to make their experiences with food healthy and fun! As part of our services, we will also be conducting nutrition and weight assessments for your child to track their progress throughout the year. In addition, we will be introducing new food items and encouraging the children to try them at meals and snacks, in a fun and positive way. If you have any questions or concerns relating to this about your child, please do not hesitate to contact me. I can be reached at (330) 393-2507 Ext #277.

Our menu is now available online! Our goal at TCAP Head Start is to provide an exciting variety of meals and snacks that are both delicious and nutritious, and in accordance to CACFP guidelines. But we'd love to hear your feedback! We are looking for a couple of parent volunteers to meet with our "Menu Team", to provide insight on our next menu cycle. If you are interested, please call or email me at sesmail@tcaphelps.org.



TCAP Head Start Menu



Fall/Winter- Week 1

August 20
September 17
October 15
November 12
December 10
January 7

August 21
September 18
October 16
November 13
December 11
January 8

August 23
September 19
October 17
November 14
December 12
January 9

August 24
September 20
October 18
November 15
December 13
January 10

August 25
September 21
October 19
November 16
December 14
January 11

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 1/4c 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 Cinnamon Crunch Cereal -Marvelous Mandarin oranges -Milk	"Mmm" good -Mini WG bagel w/low-fat cream cheese -Melon -Milk	-WG Toasty O's cereal -Banana -Milk	-WG Zucchini bread -Fruit cocktail -Milk	-WG English Muffin w/peanut butter and jelly -Apple juice -Milk
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	"Sizzlin' Steak Sliders" (Steak on bun w/cheese) -Apple -Milk	"Magnificent Meatloaf" -Mashed potato w/ gravy -WG roll -Green beans -Milk	"Pasta Presto!" (WG pasta in sauce) -Meatballs -Salad -Peaches -Milk	Grilled Chicken Sandwich (on WG bun) -Cucumbers -Applesauce -Cheese Stick -Milk	"Perfect Pita Pocket" (Turkey & provolone in WG pita) -Carrots and celery (w/low-fat dip) -Orange -Milk
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG bread or cereal, 1/2 sl, 1/3c, or 1/2 oz *minimum two servings from any of the four components	-WG Tortilla chips -Salsa	"Yogurt Parfait" -Yogurt -Blueberries -Granola	-WG crackers -Apple -Natural cheddar cheese	-Cottage cheese -Pineapple -Pretzels	Trail Mixin' (WG goldfish, crackers, pretzels, Honey Crunch cereal) -Milk

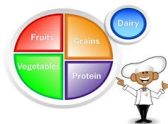
Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese

SC= school celebration

NS= No school

Menu subject to change without notice. (Rev 9/18)

The USDA is an equal opportunity employer. (9/18)



TCAP Head Start Menu

Fall/Winter- Week 2



August 27
September 24
October 22
November 19
December 17
January 14

August 28
September 25
October 23
November 20
December 18
January 15

August 29
September 26
October 24
Nov 21-NS
December 19
January 16

August 30
September 27
October 25
Nov 22-NS
December 20
January 17

August 31
September 28
October 26
Nov 23-NS
December 21
January 18-NS

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 1/4c 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	-Kix cereal -Peaches -Milk	-Yogurt -Fruit Cocktail -Milk	-Hard Boiled Egg -WG Bread -Fresh Apple -Milk	-Blueberry Muffin -Pineapple/pears -Milk	-Honey Bunches of Oats cereal -Applesauce -Milk
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	<i>Crispy Chicken Strips</i> -Parmesan Noodles -Steamed Broccoli Trees -Pineapple Chunks -Milk	<i>Hot Ham</i> -Cheesy Mashed Potatoes -WG roll -Mandarin Oranges -Milk	<i>Beefy Ravioli</i> (in sauce) -Tossed Salad -Peaches -Milk	<i>"Build your own Taco"</i> -Beef taco meat -WG tortilla shell (w/ lettuce & shredded cheese) -Mexican corn -Orange -Milk	<i>-Tasty Turkey Bologna</i> (w/ cheese on WG bun) -Fresh Sliced Peppers w/ low-fat dip -Fresh fruit (kitchen choice) -Milk
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG bread or cereal, 1/2 sl, 1/3c, or 1/2 oz *minimum two servings from any of the four components	-Apple -Cheese stick	-Crisp Celery Sticks -WG crackers -Peanut Butter	<i>Terrific Tortilla Wrap</i> -WG Tortilla wrap -Turkey slice -Mozzarella slice	-Cheese sandwich on WG bread -Crisp Carrots	-Peanut Butter Crackers -Milk

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

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TCAP Head Start Menu

Fall/Winter- Week 3



September 3-NS
 October 1
 October 29
 November 26
 December 24-NS
 January 21-NS

September 4
 October 2
 October 30
 November 27
 December 25-NS
 January 22

September 5
 October 3
October 31-SC
 November 28
December 26-NS
 January 23

September 6
 October 4
 November 1
 November 29
December 27-NS
 January 24

September 7
 October 5
 November 2
 November 30
December 28-NS
 January 25

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 1/4c 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	-Toasty O's -Fruit Cocktail -Milk	<i>Breakfast Roll-up</i> -WG Crepe or Pancake (w/LF Cream Cheese) -Strawberries -Milk	-Yogurt -Blueberries -Milk	-Hard Boiled Egg -WG bread (W/nut butter) -Milk	-WG Muffin (Kitchen's Choice) -Banana -Milk
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	<i>Creamy Chicken Salad</i> <i>w/ WG crackers</i> -Crisp Carrot sticks & Cucumber slices -Sliced Peaches -Milk	<i>Cheesy Mac & Cheese</i> -Pears -Steamed Broccoli Trees -Milk	<i>Pizza with Pizazz</i> (WG English Muffin w/ shredded mozzarella and sauce) -Pineapple -Baked Zucchini -Milk	<i>Best Beef Noodles</i> -Tossed Salad -Fresh Apple -Milk	<i>Perfect Peanut Butter sandwich</i> -Cheese stick -Carrots -Fresh Melon -Milk
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG bread or cereal, 1/2 sl, 1/3c, or 1/2 oz *minimum two servings from any of the four components	-Natural Cheddar Cheese -WG bread	<i>Terrific Tortilla Wrap</i> -Tortilla wrap -Turkey slice -Mozzarella slice -Cucumber slice	-Banana Muffin -Milk	-WG Breadstick w/ sauce -Celery sticks	-Cottage Cheese -Peaches -WG crackers

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

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TCAP Head Start Menu Fall/Winter- Week 4



September 10-SC
October 8
November 5
December 3
December 31-NS
January 28

September 11
October 9
November 6
December 4
January 1-NS
January 29

September 12
October 10
November 7
December 5
January 2-NS
January 30

September 13
October 11
November 8
December 6
January 3-NS
January 31

September 14
October 12
November 9
December 7
January 4-NS
February 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 1/4c 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	-Rice Krispies Cereal -Fruit Cup -Milk	-Raisin Bread -Pineapple Chunks -Milk	-WG Frosted Mini Wheats -Fresh Blueberries -Milk	-Peanut Butter Sandwich (WG bread) -Applesauce -Milk	-Yogurt -Banana -Milk
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	<i>Grilled Chicken Bites</i> -Mashed Potato -Fresh Apple -WG roll -Milk	<i>Sloppy Joe Slider</i> (on WG bun) -Corn -Fresh "Cutie" -Milk	<i>Best Baked Chicken</i> -Rice -Beans -Tropical Fruit cup -Milk	<i>Sizzlin' Salisbury Steak</i> -Sweet Potato -Pears -Biscuit -Milk	<i>Cool Ham Wrap</i> (WG tortilla and Ham slice) -Cheese slice -In season fresh fruit -Carrot and pepper slices -Milk
P.M. SNACK 1. Milk 1%, 1/2c 2. Fruit, veg or juice 1/2c 3. Enriched WG bread or cereal, 1/2 sl, 1/3c, or 1/2 oz *minimum two servings from any of the four components	-Corn Muffin -Milk	Trail Mixin' (WG goldfish, crackers, pretzels, Tasty O's) -Milk	-WG Tortilla chips -Guacamole -Fruit cocktail	-WG Cheese Nips -Apple juice	-LF Cottage Cheese -Peaches -WG crackers

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

NS = NO SCHOOL
SC = SCHOOL CELEBRATION

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