

**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
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

MONDAY

- Rice Krispies Cereal (1/3c)
- Fruit Cup(1/2c)
- Milk(6oz)

TUESDAY

- Raisin Bread(1oz)
- Pineapple Chunks(1/2c)
- Milk(6oz)

WEDNESDAY

- WG Frosted Mini Wheats(1/3c)
- Fresh Blueberries(1/2c)
- Milk(6oz)

THURSDAY

- WG Peanut Butter Sandwich(1/2ea)
- Applesauce(1/2c)
- Milk(6oz)

FRI-YAY!

- Yogurt(4oz)
- Banana(1/2)
- Milk(6oz)

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

- Grilled Chicken Bites (2oz)*
- Mashed Potato(1/4c)
- Fresh Apple(1ea-1/4c)
- WG roll(1/2oz)
- Milk(6oz)

- Sloppy Joe Slider(2oz) (on WG bun)*
- Corn(1/4c)
- Fresh "Cutie"(1ea)
- Milk(6oz)

- Best Baked Chicken(2oz)*
- Rice(1/3c)
- **Beans(1/4c)
- Tropical Fruit(1/4c)
- Milk(6oz)

- Homemade Chili(1/2c)*
- Cooked carrots(1/4c)
- Pears(1/4c)
- Corn bread1/2oz)
- Milk(6oz)

- Cool Ham Wrap (WG tortilla 1oz and 1oz Ham slice)*
- Cheese slice(1oz)
- In season fresh fruit (1ea-1/4c)
- Carrot and pepper slices(1/4c)

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

- Corn Muffin(1oz)
- Milk(4oz)

- Trail Mixin' (WG goldfish, crackers, pretzels, Tasty Os) 1/3c
- Milk(4oz)

- WG Tortilla chips(1oz)
- **Guacamole
- Fruit cocktail(1/2c)

- WG Cheese Nips (0.75oz)
- Apple juice(4oz)

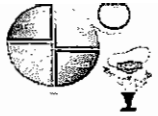
- LF **Cottage Cheese
- Peaches(1/2c)
- WG crackers(1oz)

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

**Indicates foods offered for introduction to new tastes, textures and experiences. Not always meal component

NS = NO SCHOOL
SC = SCHOOL CELEBRATION

Menu subject to change without notice. (Rev 10/18)
The USDA is an equal opportunity employer. (10/18)



TCAP Head Start Menu



Fall/Winter- Cycle 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%, 3/4c		"Mmm" good			
2. Fruit, veg or juice, 1/2c	-WG Cinnamon Crunch Cereal (1/3C)	-Mini WG bagel (1 whole) w/low-fat cream cheese	-WG Toasty O's cereal (1/3c)	-WG Zucchini bread (1 oz-1/2slice)	-WG English Muffin (1/2ea) w/ peanut butter and jelly
3. Enriched or WG bread or cereal, 1/2sl, 1/3c or 1/2oz hot cereal, 1/4c	-Marvelous Mandarin oranges(1/4c) -Milk(6oz)	-Melon(1/4c) -Milk(6oz)	-Banana(1/2) -Milk(6oz)	-Fruit cocktail(1/4c) -Milk(6oz)	-Apple juice(4oz) -Milk(6oz)
*minimum 1 serving from all 3 components					
LUNCH					
1. Meat or alt, 1 1/2 oz	"Sizzlin' Steak Sliders" (2oz Steak and cheese on 1oz bun-2 ea)	"Magnificent Meatloaf" (2oz) -Mashed potato(1/4c) w/ gravy	"Past Presto!" (WG pasta (1/3c) in sauce)	Grilled Chicken Sandwich on WG bun(1/2 ea)	"Perfect Pita Pocket" (2oz Turkey & provolone in 1/2 WG pita)
2. Vegetables, 1/4c	-Broccoli(1/4c)	-WG roll(1/2oz)	-Meatballs(2oz)	-Cucumbers(1/4c)	-Carrots and celery (w/ low-fat dip)-1/4c
3. Fruits, 1/4c	-Apple(1 small)	-Pears(1/4c)	-Salad(1/4c)	-Applesauce(1/4c)	-Orange(1/4c)
4. Grains 1/2oz	-Milk(6oz)	-Green beans(1/4c)	-Peaches(1/4c)	-Cheese Stick(1oz)	-Milk(6oz)
5. Milk 1%, 3/4c		-Milk(6oz)	-Milk(6oz)	-Milk(6oz)	
*minimum one serving from all 5 components					
P.M. SNACK					
1. Milk 1%, 1/2c	-WG Tortilla chips(1oz)	"Yogurt Parfait"	-WG crackers(1oz)	-**Cottage cheese (1/8c)	Trail Mixin'
2. Fruit, veg or juice 1/2c	-**Salsa(1/4c)	-Yogurt(4oz)	-Apple(1/4c)	-Pineapple(1/4c)	(WG goldfish, crackers, pretzels, Honey Crunch cereal)-1/2c
3. Enriched WG 1/2 sl, 1/3c, or 1/2 oz	-Apple juice (4oz)	-Blueberries(1/4c)	-Natural cheddar cheese(1oz)	-Pretzels(1oz)	-Milk(4oz)
4. Meat or alt. 1/2oz		-**Granola(1/4c)			

*minimum two servings from any of the four components

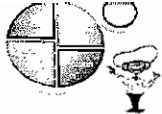
Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese

**Indicates foods offered for introduction to new tastes, textures, and/or experiences. Not always meal component.

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NS= No school

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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
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

MONDAY

- WG Kix cereal(1/3c)
- Peaches(1/2 c)
- Milk(6oz)

TUESDAY

- Yogurt(4oz)
- Fruit Cocktail(1/2c)
- Milk(6oz)

WEDNESDAY

- Hard Boiled Egg(1ea)
- WG Bread(1oz)
- Fresh Apple(1ea-1/2c)
- Milk(6oz)

THURSDAY

- Blueberry Muffin(1ea)
- Pineapple/pears(1/2c)
- Milk(6oz)

FRI-YAY!

- WG Cinnamon Crunch cereal(1/3c)
- Applesauce(1/2c)
- Milk(6oz)

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

- Crispy Chicken Strips (2oz)*
- Parmesan Noodles (1/3c)
- Steamed Broccoli Trees(1/4c)
- Pineapple Chunks (1/4c)
- Milk(6oz)

- Hot Ham(2oz)*
- Cheesy Mashed Potatoes(1/4c)
- WG roll(1/2oz)
- Mandarin Oranges (1/4c)
- Milk(6oz)

- Beefy Ravioli in sauce(1/2 c)*
- Tossed Salad(1/4c)
- Peaches(1/4c)
- Milk(6oz)

- "Build your own Taco"*
- Beef taco meat(2oz)
- WG tortilla shell(1ea) (w/ lettuce & shredded cheese)
- Mexican corn(1/4c)
- Orange(1sm-1/4c)
- Milk(6oz)

- Tasty Turkey Deli Sandwicxh
- (2oz turkey w/ cheese on 1 WG bun)
- Fresh Sliced Peppers (1/4c)
- w/ low-fat dip
- Fresh fruit (kitchen choice)-1/4c or 1ea

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

- Apple(1ea-1/2c)
- Cheese stick(1oz)
- WG crackers(1/2oz)

- **Ants on a Log*
- Crisp Celery Sticks (1/2c) filled with
- Peanut Butter (1oz) topped w/
- Raisins (1/4c)

- Cheez Nips (1oz)
- White grape juice (4oz)

- Cheese sandwich on WG bread (1/2ea)
- Crisp Carrots(1/2c)

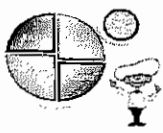
- Peanut Butter Crackers(2oz)
- Milk(4oz)

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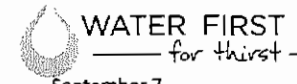
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Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, shredded cheese



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 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
-Toasty O's(1/3c)	<i>Breakfast Roll-up</i>	-Yogurt(4oz)	-Hard Boiled Egg(1ea)	-WG Muffin(1oz)
-Fruit Cocktail(1/2c)	-WG Crepe or Pancake (1oz)	-Blueberries(1/2c)	-WG bread(1oz)	(Kitchen's Choice)
-Milk(6oz)	(w/LF Cream Cheese)	-Milk(6oz)	(W/**nut butter)	-Banana(1/2)
	-Strawberries(1/2c)		-Milk(6oz)	-Milk(6oz)

LUNCH

1. Meat or alt, 1 1/2 oz
2. Vegetables, 1/4c
3. Fruits, 1/4c
4. Grains 1/2oz, 1/4c
5. Milk 1%, 3/4c

*minimum one serving from all 5 components

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
<i>Happy Hibachi</i>	<i>Cheesy Mac & Cheese (1/2c)</i>	<i>**Pizza with Pizazz</i>	<i>Best Beef & Noodles (1.5oz & 1/2c)</i>	<i>Perfect Peanut Butter WG sandwich(1ea)</i>
-Terriaki beef (2oz)	-Pears(1/4c)	(1/2 WG English Muffin w/ shredded mozzarella and sauce)	-Tossed Salad(1/4c)	-Cheese stick(1oz)
-Steamed rice (1/3c)	-Peas and Carrots(1/4c)	-Pineapple(1/4c)	-Fresh Apple(1ea-1/4c)	-Carrots(1/4c)
-Mixed Vegetables (1/4c)	-Milk(6oz)	-Broccoli and Cauliflower 1/4c)	-Milk(6oz)	-Mandarin Oranges (1/4c)
-Sliced Peaches(1/4c)				-Milk(6oz)

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
-Natural Cheddar Cheese(1oz)	<i>Terrific Tortilla Wrap</i>	-Banana Muffin(1oz)	-WG Breadstick(1oz)	-**Cottage Cheese (1/2oz)
-WG bread(1oz)	-WG Tortilla wrap (1/2oz)	-Milk(4oz)	w/ sauce	-Peaches(1/2c)
	-Turkey slice(1/2oz)		-Celery sticks(1/2c)	-WG crackers(1oz)
	-Mozzarella slice(1/2oz)			
	-**Cucumber slice			

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