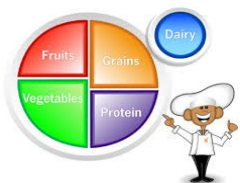


**TCAP Head Start Menu
Winter/Spring 2019- Week 1**



February 11
March 11
April 8
May 6

February 12
March 12
April 9
May 7

February 13
March 13
April 10
May 8

February 14
March 14
April 11
May 9

February 15-NS
March 15
April 12
May 10

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	-Cheerios (1/3c) -Banana(1 ea) -Milk(3/4c)	-Yogurt(4oz) -Blueberries(1/2c) -Granola(1/4c) -Milk(3/4c)	-WG English Muffin (1/2 ea) -Peanut Butter(1tbsp) -Mandarin Oranges (1ea) -Milk(3/4c)	-Hard boiled egg(1ea) -WG Bread (1ea) -Cheese Slice(1oz) -Kiwi (1ea) -Milk(3/4c)	-Blueberry Muffin1ea) -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(1/2c) -Peas/Carrots Mix(1/4c) -Yogurt(4oz) -Fresh Fruit(1ea) -Milk(3/4c)	-Hamburger on WG Bun(1ea) -Applesauce(1/4c) -Corn on Cob(1ea) -Milk(3/4c)	-Chicken Strips (2 ea) -Mashed Potatoes (1/3c) -Green Beans(1/4c) -Peaches(1/4c) -Milk(3/4c)	-WG Pizza(1 ea) -Green Peppers and Celery sticks(1/4c) w/ lite Ranch(2tbsp) -Pineapple(1/4c) -Milk(3/4c)	-WG Pita Pocket w/ Turkey and Cheese (1ea) -Carrot sticks(1/4c) -**Hummus(1tbsp) -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	-Corn Bread(1ea) -Tropical Fruit Cup (1ea) -Milk(4oz)	-WG Crackers(1oz) -Cheese Stick (1oz) -Fruit Cup (1/2c)	-WG Tortilla Chips(1oz) w/ Salsa** -Cheese stick -Apple Juice(4oz)	-PB & J(1ea) -Pear(1ea) -Milk(4oz)	-WG Crackers(1oz) -Peanut Butter(1TBSP) -Milk(4oz)

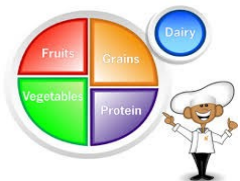
Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese

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



February 18-NS
March 18
April 15
May 13

February 19
March 19
April 16
May 14

February 20
March 20
April 17
May 15

February 21
March 21
April 18
May 16

February 22
March 22
April 19-NS
May 17

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	-Raisin Bran(1/3c) -Apple(1 ea) -Milk(3/4c)	-Yogurt(4oz) -Strawberries1/2c) -Cheerios(1/4c) -Milk(3/4c)	-WG Mini Bagel(1 ea) -LF Cream Cheese (1tbsp) -Orange Slices(1/2c) -Milk(3/4c)	-Hard boiled egg(1ea) -WG English Muffin with Hummus -Orange Juice(1/2c) -Milk(3/4c)	-Banana Muffin(1ea) -Pineapple Chunks (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	-Spaghetti (1/2c) and Meatballs(2 ea) -WG Roll(1 ea) -Salad(1/4c) -Peaches(1/2c) -Milk(3/4c)	-Tacos (2 ea) -Spanish rice & beans (1/2c) -Corn(1/4c) -Pineapple chunks (1/4c) -Milk(3/4c)	-Breaded Chicken Sandwich on WG Bun (1 ea) -Pickle(1 ea) -Fruit Salad(1/4c) -Cooked carrots(1/4c) -Milk(3/4c)	-WG Pizza(1 ea) -Broccoli(1/4c) -Yogurt(4oz) --Fresh Pear(1/4c) -Milk(3/4c)	-Roast beef and Turkey on WG Wrap (1ea) -Salad(1/4c) -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	-Wheat Thins (1oz) -Cheese stick(1 ea) -Tropical Fruit Cup (1 ea)	-Trail Mix(1/2c) -Mandarin Oranges (1/2c) -Milk(4oz)	<u>Ants on a Log</u> -Celery sticks(1/2c) -PB (1Tbsp) -Raisins(1/4c) -Milk(4oz)	-Cottage Cheese(1/3c) -Peaches(1/2c) -Milk(3/4c)	-PB & J Sandwich (1 ea) -Banana(1ea) -Milk(4oz)

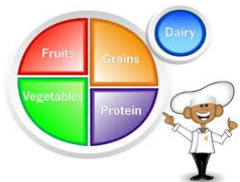
Salad Contains: Head lettuce, carrots, red cabbage, spinach, cucumbers, & shredded cheese

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



February 25
March 25
April 22-NS
May 20

February 26
March 26
April 23-NS
May 21

February 27
March 27
April 24
May 22

February 28
March 28
April 25
May 23

February 29
March 29
April 26
May 24

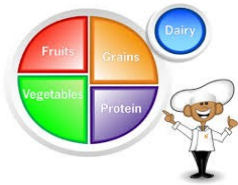
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI-YAY!
BREAKFAST 1. Milk, 1%, 3/4c 2. Fruit, veg or juice, 1/2c 3. Enriched or WG bread or cereal, 1/2sl, 1/3c or 1/2oz hot cereal, 1/4c *minimum 1 serving from all 3 components	-Honey Bunches of Oats (1/3c) -Fruit Cup(1 ea) -Milk(3/4c)	-Yogurt(4oz) -Banana(1ea) -Granola(1/4c) -Milk(3/4c)	-WG English Muffin (1/2 ea) -Peanut Butter(1tbsp) -Apple(1ea) -Milk(3/4c)	-Hard boiled egg(1ea) -WG Bread w/ 1 slice cheese -Orange (1ea) -Milk(3/4c)	-Zucchini Bread(1ea) -Pineapple Slices(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(1/2c) -WG Roll(1 ea) -Salad (1/4c) -Fresh Fruit(1ea) -Milk(3/4c)	Chicken Stir Fry -Teriyaki Chicken(2oz) -Brown Rice(1/3c) -Mixed Veggies(1/4c) -Peaches(1/4c) -Milk(3/4c)	-Breakfast for Lunch -WG French Toast sticks (3 ea) -Scrambled eggs(1/4c) -Fruit Salad(1/4c) -Sweet Potatoes(1/4c) -Milk(3/4c)	-WG Pizza(1 ea) -Salad(1/4c) -Yogurt(4oz) --Fresh Fruit(1/4c) -Milk(3/4c)	-Turkey Sandwich on WG Bread (1ea) - LF Cole Slaw(1/4c) -Apple(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 Cheez Nips(1oz) -Fresh Melon(1/2c) -Milk(4oz)	-WG PB & J -Carrot Sticks(1/2c) -Milk(4oz)	-Yogurt(4oz) -Fruit Cup(1ea) -Granola(1/4c)	-Pretzels(1oz) w/ Hummus** -Cheese stick -Apple Juice(4oz)	-WG Crackers(1oz) -Peanut Butter(1TBSP) -Milk(4oz)

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

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**TCAP Head Start Menu
Winter/Spring 2019- Week 4**



March 4
April 1
April 29

March 5
April 2
April 30

March 6
April 3
May 1

March 7
April 4
May 2

March 8
April 5
May 3

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	-Kix Cereal(1/3c) -Orange(1 ea) -Milk(3/4c)	-Yogurt(4oz) -Banana(1ea) -Cinnamon Crunch Ce- real(1/4c) -Milk(3/4c)	-WG Mini Bagel (1ea) w/ Lite Cream Cheese (1tbsp) -Applesauce(1/2c) -**Pitted Dates(1ea) -Milk(3/4c)	-Hard boiled egg(1ea) -WG English Muffin(1/2) -Mandarin Oranges(1/2c) -Milk(3/4c)	-Corn Muffin(1ea) -Tropical Fruit 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	-Swedish Meatballs (3 ea) -Noodles(1/2c) -Green Beans(1/4c) -Fresh Pear(1ea) -Milk(3/4c)	-Grilled Cheese (1ea) -Tomato Soup(1/3c) -Carrots/Celery(1/4c) -Peaches(1/4c) -Milk(3/4c)	Chicken Alfredo -WG Pasta In lite Alfredo Sauce(1/2c) -Grilled Chicken(2oz) -Steamed Broccoli(1/4c) -Kiwi (1/2 ea) -Milk(3/4c)	-WG Pizza(1 ea) -Salad(1/4c) -Yogurt(4oz) --Fruit Salad(1/4c) -Milk(3/4c)	-Pita Pocket with Turkey and Provolone Cheese (1ea) -Green Pepper slices and Carrot Sticks(1/4c) -Apple(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	-Zucchini Bread(1ea) -Pineapple Chunks(1/2c) -Milk(4oz)	-WG PB & J -Mandarin Oranges(1/2c) -Milk(4oz)	-WG Tortilla Chips(1oz) -**Nacho Cheese Dip -Melon(1/2c)	-WG Cheez-its(1oz) w/ Cottage Cheese** (1/4c) -Peaches(1/2c)	-Yogurt(4oz) -Granola (1/4c) -Fruit Cup(1ea)

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

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