

Center:

**Child Care Food Program  
Early Head Start  
Week #1 Menu Record**

**Time Meal Is Served: Brkfst  
Lunch  
Snack**

Month/Year: 2025-2026

<b>B K F S T</b>		<b>Date</b>	<b>Monday</b>	<b>Date</b>	<b>Tuesday</b>	<b>Date</b>	<b>Wednesday</b>	<b>Date</b>	<b>Thursday</b>	<b>Date</b>	<b>Friday</b>
	Milk, Fluid <sup>1</sup> (3)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)
	Juice, Fruit or Vegetable		Fruit Cocktail (1/4 c – 2 oz)		Bananas, Sliced (1/4 c = 2 oz)		Peaches, Sliced (1/4 c = 2 oz)		Applesauce (1/4 c = 2 oz)		Mandarin Oranges (1/4 c = 2 oz)
	Bread or Bread Alt. (including cereal)		Oatmeal (1 pkt = ½ cup cooked = 28 grms)		Multi-Grain Cheerios (1 cup = 1 oz = 28 grms)		English Muffin (1/2 = 1 oz = 28 grms) <i>Cream Cheese (1 Tbsp)</i> <i>Strawberry Jelly (1 Tbsp)</i>		Life Cereal (1 cup = 42 grms)		Bagel (1/2 bagel = 28 grms) Cream Cheese (1 Tbsp.)
<b>L U N C H</b>	Milk, Fluid <sup>1</sup> (5)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)
	Meat/Meat Alternate		Chicken, Canned (1 oz) Black Beans (1/4 c) Cheese, Shred (1/4 c = 1 oz)		Turkey Breast (2 oz) Cheese, Sliced (1 oz slice)		Ham (1 oz) Cheese, Mozzarella (1/4 c = 1 oz)		Chicken, Canned (2 oz) Cheese, Shredded (1/4 c = 1 oz)		Tuna (1 oz) Beans, Baked (1/4 c = 2.3 oz)
	Vegetable		Baby Spinach (1/4 c = ½ oz) Romaine (1/4 c = ½ oz)		Green Beans, Canned (1/4 c = 2 oz)		Carrots, Canned (1/4 c = 2 oz)		Baby Spinach (1/4 c = ½ oz)		Broccoli (1/4 c = 2 oz)
	Fruit		Mandarin Oranges (1/4 c = 2 oz)		Pineapple Tidbits (1/4 c = 2 oz)		Oranges, Sliced (1/4 c = 2 oz)		Strawberries (1/4 c = 2 oz)		Pears, Sliced, Canned (1/4 c = 2 oz)
	Bread or Bread Alt.		Pita Triangles, Whole Grain (1/2 pita = 34 grms)		Bread, Whole Grain (1 slice = 34 grms)		Bagel, Whole Grain (1/2 bagel = 28 grms)		Tortilla, Whole Grain (1-6" tortilla = 28 grms)		Bread, Whole Grain (1 slice = 34 grms)
	Other/Combination		Ranch Dressing (1 Tbsp) Salsa (1Tbsp) <b>Southwest Chix Salad</b>		Mayonnaise (1 Tbsp.) Margarine (1Tbsp.) <b>Turkey Sandwich</b>		Pizza Sauce (2 Tbsp.) Margarine (1 Tbsp.) <b>Ham and Cheese Pizza</b>		Mayonnaise (1 Tbsp.) <b>Chicken Wrap</b>		Mayonnaise (1 Tbsp.) Margarine (1Tbsp.) <b>Tuna Sandwich</b>
<b>S N A C K</b>	Milk, Fluid <sup>1</sup> (2)		Milk (1/2 c = 4 oz)				Milk (1/2 c = 4 oz)				Yogurt, vanilla (1/2 c = 4 oz)
	Meat/Meat Alternate				String Cheese (1 stick = 1 oz)				Cottage Cheese (1/2 c = 4 oz)		
	Vegetable										
	Fruit								Pineapple Tidbits (1/2 c = 2 oz)		Fruit Cocktail (1/2 c = 2 oz)
	Bread or Bread Alt.		Pretzel Thins (9 pretzels = 28 grms)		Crackers, Whole Grain (5 crackers = ½ oz = 15 grms)		Kix Cereal (3/4 c = 20 grms)				

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<sup>1</sup>Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent), unflavored fat-free (skim) milk for children two through five years old.

Note: All foods are prepared in a manner that is developmentally appropriate for each individual child. Drinking water is always available as a beverage.

**I certify that I have been informed of the meal pattern requirements of the Child Care Food Program and that I have served the above meal components to the children indicated on the Meal Attendance.**

Reviewed By: Lisa Verschueren, RD, CDE  
(Registered Dietitian signature required prior to serving)

Date: 07/30/2025

Center Assistant Signature: \_\_\_\_\_  
Original – EOM Copy (19-20)

Date: \_\_\_\_\_

Center:

Child Care Food Program

Time Meal Is Served: Brkfst

Early Head Start

Lunch

Month/Year: 2025-2026

Week #2 Menu Record

Snack

		Date	Monday	Date	Tuesday	Date	Wednesday	Date	Thursday	Date	Friday
<b>B K F S T</b>	Milk, Fluid <sup>1</sup> (3)	Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)		Milk (1/2 c = 4 oz)	
	Juice, Fruit or Vegetable	Oranges, Sliced (1/4 c = 2 oz)		Bananas (1/4 c = 2 oz)		Peaches, Sliced (1/4 c = 2 oz)		Fruit Cocktail (1/4 c = 2 oz)		Pears, Sliced, Canned (1/4 c = 2 oz)	
	Bread or Bread Alt. (including cereal)	Oatmeal (1 pkt = ½ cup cooked = 28 grms)		Kix Cereal (1 cup = 28 grms)		Bagel (1/2 bagel = 48 grms) <i>Cream Cheese (1 Tbsp)</i>		Multigrain Cheerios (1 c = 28 grms)		English Muffin (1/2 = 28 grms) <i>Cream Cheese (1 Tbsp.)</i> <i>Strawberry Jelly (1Tbsp.)</i>	
<b>L U N C H</b>	Milk, Fluid <sup>1</sup> (5)	Milk, (1/2 c = 4 oz)		Milk, (1/2 c = 4 oz)		Milk, (1/2 c = 4 oz)		Milk, (1/2 c = 4 oz)		Milk, (1/2 c = 4 oz)	
	Meat/Meat Alternate	Ham (2 oz) Cheese, Shredded (1/4 c = 1 oz)		Chicken (1 oz) Cheese, Shredded (1/4 c = 1 oz)		Turkey (2 oz) Cheese, Shredded (1/4 c = 1 oz)		Tuna (1oz) Cheese, Shredded (1/4 c = 1 oz)		Beans, Refr (1/3 c = 3 oz) Cheese, Shredded (1/4 c = 1 oz)	
	Vegetable	Baby Spinach (1/4 c = ½ oz)		Carrots, Canned (1/4 c = 2 oz)		Baby Spinach 1/2 c = 1 oz) Tomato, slcd (1/4 c = 2 oz)		Mixed Vegetables (1/4 c = 2 oz)		Salsa (1/4 c = 2 oz)	
	Fruit	Strawberries (1/4 c = 2 oz)		Applesauce (1/4 c = 2 oz)		Mandarin Oranges (1/4 c = 2 oz)		Pineapple Tidbits (1/4 c = 2 oz)		Oranges, sliced (1/4 c = 2 oz)	
	Bread or Bread Alt. (including cereal)	Tortilla, Whole Grain (1-6" tortilla = 28 grms)		Pita, Whole Grain (1/2 pita = 1 oz = 28 grms)		Bread, Whole Grain (1 slice = 1 oz = 28 grms)		Crackers, Round, Whole Grain (5 crackers = 15 grms)		Tortilla, Whole Grain (1-6" tortilla = 28 grms)	
	Other/Combination	Mayonnaise (1 Tbsp.) <b>Ham and Spinach Wrap</b>		Mayonnaise (1 Tbsp.) Margarine (1Tbsp.) <b>Chicken Salad in Pita</b>		Ranch Dressing (2 Tbsp.) Margarine (1Tbsp.) <b>Chef's Salad</b>		Mayonnaise (1 Tbsp.) <b>Mini Tuna Bites</b>		Margarine (1Tbsp.) <b>Bean/Cheese Burrito</b>	
<b>S N A C K</b>	Milk, Fluid <sup>1</sup> (2)	Milk (1/2 c = 4 oz)				Milk (1/2 c = 4 oz)				Milk (1/2 c = 4 oz)	
	Meat/Meat Alternate			String Cheese (1 stick = 1 oz)				Yogurt, vanilla (1/2 c = 4 oz)			
	Vegetable										
	Fruit										
	Bread or Bread Alt. (including cereal)	Graham Crackers (2 crackers = 28 grms)		Goldfish Crackers (27 crackers = 15 grms)		Life Cereal (1/2 cup = 21 grms)		Graham Crackers (2 crackers = 28 grms)		Kix Cereal (3/4 cup = 20 grms)	

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