

Center:

Child Care Food Program

Head Start

Time Meal Is Served: Brkfst

Lunch

Snack

Month/Year: 2025-2026

Week #1 Menu Record

		Date	Monday	Date	Tuesday	Date	Wednesday	Date	Thursday	Date	Friday
B K F S T	Milk, Fluid ¹ (3)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)	Milk, (3/4 c = 6oz)
	Juice, Fruit or Vegetable	Fruit Cocktail (1/2 c = 4 oz)	Bananas, Sliced (1/2 c = ~ 4 oz)	Peaches, Sliced (1/2 c = 4 oz)	Apples, Sliced (1/2 c = 4 oz)	Mandarin Oranges (1/2 c = 4 oz)					
	Bread or Bread Alt. (including cereal)	Oatmeal (1 pkt = ½ cup cooked = 28 grms)	Multigrain Cheerios (1 c = 28 grms)	English Muffin (1/2 = 1 oz = 28 grms) <i>Cream Cheese (1 Tbsp.)</i> <i>Strawberry Jelly (1Tbsp.)</i>	Life Cereal (1 c = 42 grms)	Bagel (1/2 bagel = 48 grms) <i>Cream Cheese (1 Tbsp.)</i>					
L U N C H	Milk, Fluid ¹ (5)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)	Milk, (3/4 c = 6 oz)
	Meat/Meat Alternate	Chicken, Canned (2 oz) Black Beans (1/4 c) Cheese, Shredded (1/4 c)	Turkey Breast (2 oz) Cheese, Sliced (1oz/slice)	Ham (2 oz) Cheese, Mozzarella (1/4 c)	Chicken, Cannde (2 oz) Cheese, Shredded (1/3 c)	Tuna (2 oz) Beans, Baked (1/4 c)					
	Vegetable	Baby Spinach (½ c= 1 oz) Romaine Shrd (1/2 c = 1 oz)	Green Beans (1/2 c = 4 oz)	Carrots, Baby (1/2 c = 4 oz)	Baby Spinach (1/2 c = 1 oz)	Broccoli (1/2 c = 4 oz)					
	Fruit	Mandarin Oranges (1/2 c = 4 oz)	Pineapple Tidbits (1/2 c = 4 oz)	Oranges, Sliced (1/2 c = 4 oz)	Strawberries (1/2 c = 4 oz)	Pears, Sliced, Canned (1/2 c = 4 oz)					
	Bread or Bread Alt. (including cereal)	Pita Triangles, Whole Grain (1/2 pita = 34 grs)	Bread, Whole Grain (1 slice = 1 oz = 28 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 (2 Tbsp) Salsa (2 Tbsp) Southwest Chix Salad	Mayonnaise (1 Tbsp.) Margarine (1Tbsp.) Turkey Sandwich	Pizza Sauce (2 Tbsp.) Margarine/Ranch (1 Tbsp.) Ham and Cheese Pizza	Mayonnaise (1 Tbsp.) Chicken Wrap	Mayonnaise (1 Tbsp.) Tuna Sandwich					
S N A C K	Milk, Fluid ¹ (2)	Milk, (1/2 c = 4 oz)		Milk, (1/2 c = 4 oz)							
	Meat/Meat Alternate		String Cheese (1 stick = 1 oz)		Cottage Cheese (1/2 c = 4 oz)	Yogurt, vanilla (1/2 c = 4 oz)					
	Vegetable										
	Fruit				Pineapple Tidbits (1/2 c = 4 oz)	Fruit Cocktail (1/2 c = 4 oz)					
	Bread or Bread Alt. (including cereal)	Pretzel Thins (9 pretzels = 28 grms)	Crackers, Whole Grain (5 crackers = 15 grms)	Kix Cereal (3/4 c = 20 grms)							

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¹Must 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 (25-26)

Date: _____

Center:

**Child Care Food Program
Head Start**

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

Month/Year: 2025-2026

Week #2 Menu Record

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

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