

Center:

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

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

Month/Year: 2026-2027

B K F S T		Date	Monday	Date	Tuesday	Date	Wednesday	Date	Thursday	Date	Friday
	Milk, Fluid ¹ (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.)
L U N C H	Milk, Fluid ¹ (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) Southwest Chix Salad		Mayonnaise (1 Tbsp.) Margarine (1Tbsp.) Turkey Sandwich		Pizza Sauce (2 Tbsp.) Margarine (1 Tbsp.) Ham and Cheese Pizza		Mayonnaise (1 Tbsp.) Chicken Wrap		Mayonnaise (1 Tbsp.) Margarine (1Tbsp.) Tuna Sandwich
S N A C K	Milk, Fluid ¹ (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)				

This institution is an equal opportunity provider

¹Must be unflavored whole milk for children age one

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:

07/30/2026

Center Assistant Signature:

Date:

Original – EOM Copy (26-27)

Center:

Child Care Food Program

Time Meal Is Served: Brkfst

Early Head Start

Lunch

Month/Year: 2026-2027

Week #2 Menu Record

Snack

		Date	Monday	Date	Tuesday	Date	Wednesday	Date	Thursday	Date	Friday
B K F S T	Milk, Fluid ¹ (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>	
L U N C H	Milk, Fluid ¹ (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.) 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		Margarine (1Tbsp.) 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 cup = 21 grms)		Graham Crackers (2 crackers = 28 grms)		Kix Cereal (3/4 cup = 20 grms)	

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Reviewed By: Lisa Verschueren, RD, CDE
(Registered Dietitian signature required prior to serving)Date: 07/30/2026Center Assistant Signature: _____
Original – EOM Copy (26-27)

Date: _____