FRUIT - WEEK #1

Head Start Menu for Cooks/Teachers and Assistant Teachers

Meal Types / Components	Portion Size	MON. 10-28-96	T	P	S	TUES. 10-29-96	T	P	S	WED. 10-30-96	T	P	S	THR. 10-31-96	T	P	S	FRI. 11-01-96 *MCC Center Only*	T	P	S
BREAKFAST Fluid Milk	3/4 c.	2% Milk				2% Milk				2% Milk				2% Milk				2% Milk			
Fruit, vegetable or 100% Juice	1/2 c. 1/3 c.	grape juice Vit.C				orange juice Vit. C				apple juice Vit.C				pineapple juice Vit. C				grape Juice Vit. C			
Bread Cereal or Alternate	1 sl. 1 muf.	cereal				blueberry muffin				cinnamon raisin bagel				cereal				scrambled eggs			
Additional Food (optional)														banana 1/2*				sausage link			
LUNCH Fluid Milk	3/4 c.	2% Milk				2% Milk				2% Milk				2% Milk				2% Milk			
Meat/Meat Alternate	1.5 oz.	chicken nuggets				tuna noodle casserole				Sloppy Joe sandwich				ham & beans				fish nuggets			
Fruit/Vegetable	1/2 c.	peas & cooked carrots Vit. A				cooked broccoli Vit. A & C				corn				cole slaw Vit. C & A							
Bread/Bread Alternate	3/4 c. 1 bun					noodles				bun				corn bread muffin				macaroni & cheese			
Fruit/Vegetable Additional Food	1/2 c.	fruit cocktail				pineapple tidbits Vit. C				applesauce				sugar cookie				peach slices Vit. A/ tarter sauce			
PM SNACK Any 2 of 4 Compts. Fluid Milk Fruit, Vegetable	12 bits 4 crackers 1 cookie 1 bar	blueberry muffin				**Washington State * apple slices/peanut butter**				cereal orange juice Vit. C				cinnamon raisin bagel				animal crackers			
or 100% Juice Bread, Cereal or Meat/Meat Alt.	1/2 c.	orange juice Vit. C				Milk				Milk				apple Juice Vit. C				milk			
Substitutes																					
Time of Delivery																					

. Cold Food 32-45 degrees / Temp. Hot Food 140-170 degrees

T = Temperature P = Preparation S = Served

are Food Program is available to all eligible participants regardless of race, color, national origin, sex, age, or disability.
een discriminated against in any U.S.D.A. related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 2025.

NUTRITION -

Sample menu for Head Start program