

SEPTEMBER

Menu

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday		Tuesday		Wednesday		Thursday		Friday	
03 Labor Day Holiday No School		04	B: 100 % juice, Cheerios L: Hamburger gravy w/mashed potatoes, w.g. dinner roll, fresh fruit S: Animal crackers and carrots	05	B: Berries, Yogurt w/granola L: Shredded chicken & cheese tortilla, lettuce & tomato salad, pineapple chunks S: Broccoli & radishes w/dip, cheese cubes	06	B: Pancakes, applesauce L: Sloppy joe sliders (wg bun), green beans, apricots S: Seasoned Oyster crackers, fresh fruit	07	B: Fresh fruit, cinnamon breadsticks L: Pizza w/chicken & ham, roasted seasoned mixed vegetables, pears S: Peaches, wg cheese it
	10	11	B: Fresh berries & granola L: WG spaghetti w/meatballs & tomato sauce, broccoli & cauliflower steamed, pears S: Cheese cubes, w.g. crackers	12	B: Sausage pattie & wg toast L: Mac & cheese w/ham, watermelon slices, roasted red peppers & zucchini S: Fresh grapes & soft pretzels	13	B: Banana, cream of wheat L: Hot turkey & cheese in pita pocket, spinach salad, pluots S: Celery & w. g. goldfish	14	B: Bagels & oranges L: Walking taco w/corn chips, meat, lettuce, tomato, shredded cheese, avocado, tropical fruit S: Fruit salsa w/Pita Chips
17	18	19	B: Fresh blueberries, Chex cereal L: Fish sandwich, w.g. bun, tartar sauce, potato wedges, strawberry applesauce S: Graham crackers, watermelon	20	B: Oatmeal Muffin, banana L: Chef salad w/ham & turkey, wg roll, pears S: String Cheese, apples	21	B: 100% juice, English muffin w/butter L: Chicken teriyaki w/ wg brown rice, steamed broccoli & carrots, mixed berries, fortune cookie (optional) S: Pretzels, grapes	22	B: Warm Peaches, oatmeal L: WG Lasagna Roll w/ tomato sauce, mixed vegetables, oranges S: Corn Chips w/Salsa and cheese chunks
24	25	26	B: Fruit smoothie, Rice Chex cereal L: Turkey taco meat w/cheese & lettuce in w.g. tortilla, black olives, salsa, pluots S: Blueberry muffin, yogurt	27	B: Fresh strawberries, granola L: BBQ pork sliders on w.g. bun, baked sweet potatoes, cinnamon applesauce S: Kiwi, animal crackers	28	B: Apricots & Sausage biscuit L: Scrambled eggs & cheese, in w.g. tortilla green beans & pineapple S: WG Cheese It, 100% juice	29	B: Fresh fruit, waffles L: Baked ziti - tomatoes sauce, hamburger & WG noodles and mozz chs, salad w/ cheese & carrots, fruit cocktail S: Apple slices & peanut butter

Serving sizes are for 3-5 year old preschool children. This menu has been approved by a registered dietitian. Signed master on file. This institution is an equal opportunity provider. 1% milk is offered at every breakfast and lunch. Water is offered at snack unless noted. Whole Grain Rich Component Daily.

SNACK (Select 2)
Fluid Milk - 4 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Veg. &/or Fruit or Juice - 1/2 c.

LUNCH
Fluid Milk - 6 oz.
Meat/Alt. 1 1/2 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Fruit - 1/4 cup
Vegetable - 1/4 cup

BREAKFAST
Fluid Milk - 6 oz.
Veg. & or Fruit or Juice - 1/2 c.
Meat/Alt. - 1 1/2 oz.
Grain/Alt. - 1/2 oz. or slice

Hilarie Flory, RD, LD
Tiffany McBride,
Health & Safety
Assistant

OCTOBER

2018

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday		Tuesday		Wednesday		Thursday		Friday	
01	Farm to School Month	02	B: Blueberries, Total cereal L: Beef vegetable soup, wg crackers, string cheese, apples S: Baked wonton crisps & banana	03	B: Yogurt, granola cereal, mixed berries L: Turkey pita pocket, tomato & spinach, ranch dressing, mixed fruit S: Graham crackers & fresh pears	04	B: Fresh plouts, toast w/butter L: Meatloaf, mashed potatoes, wg roll, plums S: Cheddar rice cake & grapes	05	B: Kiwi, grits w/cheese L: Bean & cheese burrito on tortilla, lettuce, salsa & sour cream, orange slices S: Fresh veggies w/dip, WG crackers
08		09	B: Pancakes, applesauce L: Sloppy chicken WG bun, peas, mixed berries S: Zucchini muffin, banana	10	B: Sausage patty, blueberry oatmeal muffin L: Fish sticks, WG dinner roll, green beans, fruit cocktail S: Yogurt, pretzels	11	B: Cereal, cherries L: Chicken drumstick, mashed potatoes, peaches, WG roll S: Goldfish & cottage cheese	12	B: Toast (wg), w/ sausage patty, peaches L: Grilled ham & cheese, tomato soup, sautéed zucchini and summer squash apricots S: Animal crackers, pineapple chunks
15		16	B: Fresh melon cubes, scrambled eggs L: Tacos - meat & beans, tomatoes*, wg tortilla, applesauce w/cinnamon S: Fruit smoothie & 1/2 PB & J sandwich	17	B: Banana & wg tortilla w/honey & cinnamon L: Mac & cheese w/turkey, green beans, fresh pineapple S: 100% juice, pumpkin muffins	18	B: Strawberries, Rice Krispies L: Fish filet, wg dinner roll, California vegetable blend, melon S: Raw vegetables & dip, cheese cubes	19	B: Fresh orange wedges, biscuit w/sausage L: Baked chicken breast, mashed potatoes, roasted Brussel sprouts, fresh fruit & wg roll S: Trail mix, applesauce
22		23	B: Cherries, French toast L: Sausage sandwich on wg bun, chef salad w/ carrots, applesauce S: French bread, grape tomatoes	24	B: Mixed berries, Total cereal L: Chicken Alfredo/WG pasta, broccoli, peaches S: Fruit Salsa w/ pita chips	25	B: 100% juice, English muffin w/Nutella L: Ham & bean soup, WG crackers, cheese cubes, grapes S: Fresh veggies w/dip, cornbread	26	B: Kid's Choice L: Kid's Choice S: Kid's Choice
29		30	B: Corn muffin w/honey, melon L: Beef & noodles, mashed potatoes, pineapple S: WG goldfish crackers, mixed fruit	31	B: Fresh orange slices, Kix L: Baked omelet w/ham, spinach & cheese, biscuit, fresh pear S: WG crackers w/ cheese cubes	01		02	

Hilarie Flory, RD, LD

Tiffany McBride,
Health & Safety
Assistant

BREAKFAST
Fluid Milk - 6 oz.
Veg. & or Fruit or Juice - 1/2 c.
Meat/Alt. - 1 1/2 oz.
Grain/Alt. - 1/2 oz. or slice

LUNCH
Fluid Milk - 6 oz.
Meat/Alt. 1 1/2 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Fruit - 1/4 cup Vegetable - 1/4 cup

SNACK (Select 2)
Fluid Milk - 4 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Veg. &/or Fruit or Juice - 1/2 c.

Serving sizes for 3-5 year old preschool children.
Master menu signed/approved by a registered dietitian is on file. 1% milk is offered at breakfast and lunch. Water is offered at snack unless noted. Whole Grain (WG) Rich Component is highlighted if different from listed menu item. This institution is an equal opportunity provider.

NOVEMBER

2018

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday		Tuesday		Wednesday		Thursday		Friday	
29		30		31		01	02		
						B: Apple slices, peanut butter toast (wg) L: Pizza w/cheese, ham & chicken, tossed spinach salad, mixed fruit S: 100% juice, blueberry muffin	B: Scrambled eggs w/cheese, tropical fruit L: WG lasagna roll up, w/ marinara, strawberries, peas S: PB yogurt dip, sliced apples		
05		06	07	08	09	B: Warm apples, pancakes L: Hot ham & cheese sandwich, wg bun, green beans, apricots S: Grapes & cinnamon toast	B: Cook's Choice L: Cook's Choice S: Cook's Choice		
12	Veteran's Day Holiday	13	14	15	16	B: English muffin w/PB & apples L: Chili w/beans & meat, corn muffin w/butter, peaches S: Cucumber slices w/hummus, WG cracker	B: Berries, oatmeal bar L: Sloppy joes/WG bun, mixed vegetables, apricots S: String cheese, fresh fruit		
19	B: Banana and pumpkin muffin L: Hot beef on WG bun, baked beans, pineapple S: Sliced apples, granola	20	21	22	23	Thanksgiving Holiday		Float Holiday No School	
26		27	28	29	30	B: Mixed berries, French toast L: Meatloaf, scalloped potatoes, peaches, cornbread, WG Bread S: Grapes & string cheese	B: Banana, Cheerios, L: Chicken salad, WG crackers & cheese, celery & cucumbers, S: Fruit Salsa, graham crackers		

Serving sizes for 3-5 year old preschool children.
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SNACK (Select 2)
Fluid Milk - 4 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Veg. &/or Fruit or Juice - 1/2 c.

LUNCH
Fluid Milk - 6 oz.
Meat/Alt. 1 1/2 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Fruit - 1/4 cup Vegetable - 1/4 cup

BREAKFAST
Fluid Milk - 6 oz.
Veg. & or Fruit or Juice - 1/2 c.
Meat/Alt. - 1 1/2 oz.
Grain/Alt. - 1/2 oz. or slice

Hilarie Flory, RD, LD
Tiffany McBride, Health & Safety Assistant

DECEMBER

2018

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday			Tuesday			Wednesday			Thursday			Friday		
26		27	28	29	30									
03	Tommorow is National Hand Washing Day!!	04	05	06	07									
		B: Apple slices, cinnamon breadsticks L: Spaghetti w/meat & tomato sauce*, mixed green salad, tropical fruit salad S: Blueberry WG muffin, cottage cheese	B: Banana, sausage pattie L: Teacher's Choice S: WG Pretzel sticks & pineapple	B: Pancakes w/warm blueberries L: Meatloaf, mashed potatoes w/gravy, peas, strawberries, dinner roll S: Graham crackers & grapes	B: Citrus mix, breakfast burrito (WG tortilla) L: Pork outlet, french bread, maple glazed sweet potatoes, applesauce S: Goldfish crackers (wg), celery w/dip									
10		11	12	13	14									
		B: Cheerios, orange slices L: Shredded chicken & cheese WG tortilla, lettuce & salsa (on the side), pineapple chunks S: Spinach dip, Hawaiian bread, 100% juice	B: Bagel & cream cheese, fresh fruit L: Ham Steak, Brown Rice Pilaf, Green Beans, Peaches S: Veggies w/dip, string cheese	B: 100% juice, waffles w/syrup L: Chicken sliders, roasted cabbage, melon chunks S: Banana, animal crackers	B: Cook's Choice L: Cook's Choice S: Cook's Choice									
17	Cook Tip! Get creative and use up your remaining supplies !	18	19	20	21									
		B: Cooks' choice L: Beef & noodles, mashed potatoes, roasted Brussel sprouts, pears S: Yogurt & granola	B: Peaches, cream of wheat L: Baked fish, 1/2 slice w.g. bread & butter, steamed peas & carrots, mixed berries S: Cooks' choice	B: Cook's Choice L: Cook's Choice S: Cook's Choice	B: Cook's Choice L: Cook's Choice S: Cook's Choice									
24		25	26	27	28									
		No School - Holiday	No School - Holiday	No School - Holiday	No School - Holiday	No School - Holiday								
31		01	02	03	04									
		No School - Holiday	No School - Holiday	CLASSES RESUME	CLASSES RESUME									

Hilarie Flory, RD, LD Tiffany McBride, Health & Safety Assistant	BREAKFAST Fluid Milk - 6 oz. Veg. & or Fruit or Juice - 1/2 c. Meat/Alt. - 1 1/2 oz. Grain/Alt. - 1/2 oz. or slice	LUNCH Fluid Milk - 6 oz. Meat/Alt. 1 1/2 oz. Grain/Alt. - 1/2 oz. or 1/2 slice Fruit - 1/4 cup Vegetable - 1/4 cup	SNACK (Select 2) Fluid Milk - 4 oz. Grain/Alt. - 1/2 oz. or 1/2 slice Veg. &/or Fruit or Juice - 1/2 c.	CLASSES RESUME	CLASSES RESUME	Serving sizes for 3-5 year old preschool children. Master menu signed/approved by a registered dietitian is on file. 1% milk is offered at breakfast and lunch. Water is offered at snack unless noted. Whole Grain (WG) Rich Component is highlighted if different from listed menu item. This institution is an equal opportunity provider.
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2019

Northwestern Ohio Community Action Commission - Head Start/ECEE

Monday		Tuesday		Wednesday		Thursday		Friday	
31		01	02	03	04				
		B: New Year's Day Holiday L: Soup Month S:	B: Waffles & warm berries L: Ham, scalloped potatoes, mixed vegetables, applesauce S: WG triscut, cheese stick	B: English muffins, grapes L: WG spaghetti w/meat sauce, pineapple, peas S: Fruit salsa w/graham crackers					
07	1/11/19 Dairy Day	08	09	10	11				
		B: Egg & cheese casserole, peaches L: Pizza (meat & cheese), salad, apricots S: WG goldfish, cherries	B: Sausage patty, mixed berries L: Sloppy chicken/w.g. bun, French fries, apple slices, green beans S: Trail mix, kiwi	B: Banana, Rice Krispies L: Tomato basil soup, grilled cheese sandwich (WG), broccoli slaw, fresh fruit S: Cucumber slices/dip, WG crackers	B: Yogurt Fruit Smoothie, bagel w/ cream cheese L: Tuna & WG noodle casserole w/peas, pears S: banana, cheese stick				
14		15	16	17	18				
		B: Apples spice muffin, orange slices L: Ham & bean soup, cornbread, raw veggies and dip, mixed fruit S: WG crackers, grapes	B: Children's Choice L: Children's Choice S: Children's Choice	B: Pancakes, applesauce L: Scrambled eggs w/cheese, roasted peppers, oven English muffin, pears S: Banana, peanut butter & WG bread	B: Rice Chex cereal, 100% apple juice L: Chili (meat & beans), Normandy mixed veggies, tropical fruit, wg crackers S: Soft pretzel, warm cheese sauce, peppers				
21	Martin Luther FD 1/23 nuts and bolts mix	22	23	24	25				
		B: Hot or cold cereal, blueberries L: Minestrone soup w/beef, WG crackers, applesauce S: Animal crackers, cheese cubes	B: Toast (wg) w/Nutella, melon mix L: Chicken teriyaki w/sauce, Chinese vegetables, brown rice, fresh fruit, fortune cookie S: Strawberries, WG bread w/Nutella	B: Homemade muffins, 100% juice L: Fish slider on WG bun w/tartar sauce, coleslaw, pears S: Fresh grapes, WG cracker	B: Breakfast sandwich (egg, ham & cheese), fresh orange L: Hamburger tator tot casserole, tropical fruit S: Celery w/PB				
28		29	30	31					
		B: Cinnamon oatmeal, apples L: Baked chicken tenderloin, rice medley w/quinoa, broccoli & carrots, mixed up fruit S: Nuts & bolts, water, peach & mango cubes	B: Cheerios, fresh strawberry chunks L: Hamburger on wg bun (cheese lettuce & tomato optional), apricots, green beans S: Broccoli & radishes w/dip, cheese cubes	B: Bagel, apricots L: Chicken drumstick, mashed potatoes, pears, corn S: WG Wheat Thin crackers sweet cherries	B: L: S:				

FEBRUARY

2019

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday		Tuesday		Wednesday		Thursday		Friday	
28		29		30		31		01	
04	National Pizza/bagel day 2/9/19	05	B: French toast, strawberries L: Hamburger gravy, mashed potatoes, w.w. dinner roll, fresh fruit S: WG Goldfish crackers, grapes	06	B: Banana bread, 100% apple juice L: Chunky lunch: ham chunks, cheese chunks, cucumber chunks/dip, fresh apple wedges, WG crackers S: Celery w/peanut butter, mango	07	B: Hot oatmeal/raisins, peaches L: Chicken, vegetable & noodle soup, wg roll, grapes S: Pretzels, 1/2 banana	08	B: Bagel w/cream cheese, orange slices L: Pizza (meat & cheese) fresh spinach salad w/strawberries, dressing, apricots S: Cottage cheese, fruit
11		12	B: English muffin, banana L: Shredded pork on wg bun (BBQ sauce optional), sweet potato fries, hot baked apples w/cinnamon S: Fruit, water & animal crackers ☼	13	B: Yogurt w/blueberries, granola L: Ham, cheese & broccoli soup, breadstick, tropical fruit S: Pretzel sticks, string cheese, water	14	B: Children's Choice L: Children's Choice S: Children's Choice	15	B: Hot cereal, fresh fruit L: Grilled chicken kabobs, baked potato, mixed fruit cup, WG roll S: Cinnamon raisin toast, milk
18	President's Day Holiday	19	B: Cheerios, apricots L: Pizza - ham & sausage, peas, pineapple S: Graham crackers, dried plums	20	B: Cinnamon toast, melon chunks L: Chicken nuggets, fresh baby carrots, pears S: Apples w/ yogurt & peanut butter	21	B: Sausage biscuit, strawberries L: Fish tacos on WG tortilla, lettuce, tomato & cheese, salsa, orange wedges ☼ S: WG cheese it, 100 % juice	22	B: English muffin w/peanut butter, mandarin oranges L: Macaroni (WG) and cheese, chicken chunks, green beans, mixed fruit S: Pita chips & hummus & celery
25	4th Tues. of Feb. - National Chili Day →	26	B: Pancakes w/syrup, 100% orange juice L: Southwestern beef chili (meat, beans &* corn), honey cornbread, mangos S: WG bread/PB, 1/2 banana	27	B: Bran flakes w/raisins, cherries L: Chicken sliders on wg bun, french fries, hot baked apples S: Cottage cheese, peaches	28	B: WG toast, fruit spread, peaches L: Chicken poppers, strawberry spinach salad, mixed fruit S: Cheese cubes, kale chips, 100% juice	01	

Hilarie Flory, RD, LD
Tiffany McBride,
Health & Safety
Assistant

BREAKFAST
Fluid Milk - 6 oz.
Veg. & or Fruit or Juice - 1/2 c.
Meat/Alt. - 1 1/2 oz.
Grain/Alt. - 1 1/2 oz.
Fruit - 1/2 oz. or slice

LUNCH
Fluid Milk - 6 oz.
Meat/Alt. 1 1/2 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Fruit - 1/4 cup Vegetable - 1/4 cup

SNACK (Select 2)
Fluid Milk - 4 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Veg. &/or Fruit or Juice - 1/2 c.

Serving sizes for 3-5 year old preschool children.
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MARCH

2019

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday		Tuesday		Wednesday		Thursday		Friday	
25		26		27		28		01	
04		05		06		07		08	
11		12		13		14		15	
18		19		20		21		22	
25		26		27		28		29	
National Spinach Day 3-26		National Spinach Day 3-26		National Sweet Potato Month		Dr. Sue's Birthday		B: Banana, raisin cinnamon toast L: Eggs & ham, cornbread, green beans, banana & strawberries S: Baby carrots, tomatoes w/dip, WG crackers	
B: Sausage biscuit, kiwi L: BBQ chicken sliders, oven potatoes, applesauce S: Pretzels, 100% juice		B: English muffin w/cheese, 100% juice L: Chicken & cheese burrito, lettuce, tomato, & salsa, starfruit S: Yogurt w/fruit & granola		B: English muffin w/butter, 100% juice L: Pizza - ham & chicken sausage, spinach salad, peaches S: Seasoned oyster crackers, cheese chunks		B: French toast sticks w/syrup, apple slices L: Turkey roll ups, fresh vegetable plate w/dip, mandarin oranges S: Celery, peanut butter w/raisins, milk		B: Cold cereal, mixed berries L: Tuna & w.g. noodles, Normandy vegetables, strawberries S: Animal crackers, mango chunks	
B: Egg & cheese breakfast sandwich, orange wedges L: Homemade meatloaf, mashed potatoes, w/ bread & butter, tropical fruit S: Rice cakes & peanut butter, banana		B: French toast, strawberries L: Ham & cheese on w.g. bread, vegetable soup, fresh fruit S: Trail mix, 100% juice		B: Children's Choice L: Children's Choice S: Children's Choice		B: Cereal, berries L: Chili (meat & beans) WG crackers, vegetable plate w/dip, pears S: Chex mix, apple slices		B: Toast w/fruit spread, banana L: WG lasagna roll, mixed blend vegetables, pineapple tidbits S: Cucumber slices, w/hummus, WG crackers	
B: English muffin w/cheese, 100% juice L: Chicken & cheese burrito, lettuce, tomato, & salsa, starfruit S: Yogurt w/fruit & granola		B: Rice cereal, orange slices L: Shredded pulled pork sliders(BBQ sauce optional) carrots, cinnamon applesauce S: Animal crackers, orange slices		B: French toast, strawberries L: Ham & cheese on w.g. bread, vegetable soup, fresh fruit S: Trail mix, 100% juice		B: Teacher's Choice L: Teacher's Choice S: Teacher's Choice		B: Cereal, banana L: Salmon patty w.g. bun, green beans, peaches S: Fresh grapes, English muffin	
B: Bagel w/cream cheese, 100% juice L: Cold plate meat/cheese, fresh veggies w/dip, WG crackers, fresh grapes S: Celery, peanut butter, banana		B: Scrambled eggs, WG toast L: PB&J sandwich, cottage cheese, fresh veggies w/dip, mandarin oranges S: Trail mix, banana		B: Rice Chex cereal, orange slices L: Shredded pulled pork sliders(BBQ sauce optional) carrots, cinnamon applesauce S: Animal crackers, orange slices		B: Scrambled eggs, WG toast L: PB&J sandwich, cottage cheese, fresh veggies w/dip, mandarin oranges S: Trail mix, banana		B: Pancakes, applesauce L: Fish sticks, steamed broccoli and carrots, pears, WG roll S: String cheese & French bread	

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BREAKFAST
Fluid Milk - 6 oz.
Veg. & or Fruit or Juice - 1/2 c.
Meat/Alt. - 1 1/2 oz.
Grain/Alt. - 1/2 oz. or slice

LUNCH
Fluid Milk - 6 oz.
Meat/Alt. 1 1/2 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Fruit - 1/4 cup Vegetable - 1/4 cup

SNACK (Select 2)
Fluid Milk - 4 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Veg. &/or Fruit or Juice - 1/2 c.

Hilarie Flory, RD, LD
Tiffany McBride, Health & Safety Assistant

APRIL

2019

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday		Tuesday		Wednesday		Thursday		Friday	
01	B: Cook's Choice L: Cook's Choice S: Cook's Choice	02	B: Oatmeal, strawberries L: Spaghetti/meat sauce, crostini, green beans, mixed berries S: Dole frozen 100% fruit stick, crackers	03	B: English muffin w/peanut butter, orange wedges L: Ham, Mac n cheese, pears, green beans 1/2 slice bread S: Fresh melon chunks, pretzels	04	B: Cinnamon toast, peaches L: Salmon patty on wg. bun, baked beans, applesauce S: Goldfish crackers, pineapple	05	
08	B: Waffles, fresh berries L: Pizza (meat & cheese), green beans, plums S: Animal crackers, banana	09	B: Oatmeal w/cinnamon, banana L: Chicken/vegetable pot pie, biscuit, melon S: WG Goldfish crackers, strawberries*	10	B: Teacher's Choice L: Teacher's Choice S: Teacher's Choice	11	B: Cold cereal, peaches L: Fish fillet sandwich, roasted asparagus w/lemon, fresh fruit S: Cheese chunks, apple slices	12	
15	B: Raisin cinnamon toast, applesauce L: Chicken strips, cornbread, fresh vegetables w/dip, fruit cocktail S: W.G. crackers, green grapes	16	B: Egg w/cheese tortilla, pineapple L: Ham & pineapple kabobs, spinach salad w/strawberries, WG dinner roll w/butter S: Yogurt w/granola	17	B: English muffin w/honey butter 100% juice L: Mini sloppy joe w/WG bun, peas, fresh fruit S: Cheese cubes, apples	18	B: French toast sticks, orange wedges L: Taco Salad w/tortilla chips, grd. Beef, tomatoes, lettuce, cheese, salsa, tropical fruit S: Cranberry muffin, blueberries	19	
22	B: WG Cold cereal, berries L: Beef & noodles, mashed potatoes, carrots, melon chunks S: Seasoned oyster crackers, 100% juice	23	B: Sausage biscuit, peaches L: Fish sticks, oven fries, diced beets, banana S: Trail mix, kiwi	24	B: Toast w/fruit spread, cinnamon applesauce L: Chicken alfredo w/WG penne noodles, steamed broccoli, apricots S: Graham crackers & fruit salsa	25	B: Good Friday - No school	26	
29	B: Breakfast sandwich, kiwi L: Chicken poppers, finger vegetables, apricots S: Trail mix, 100% apple juice	30	B: Children's Choice L: Children's Choice S: Children's Choice	01		02		03	

Hilario Flory, RD, LD
Tiffany McBride, Health & Safety Assistant

BREAKFAST
Fluid Milk - 6 oz.
Veg. & or Fruit or Juice - 1/2 c.
Meat/Alt. - 1 1/2 oz.
Grain/Alt. - 1 1/2 oz. or slice

LUNCH
Fluid Milk - 6 oz.
Meat/Alt. 1 1/2 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Fruit - 1/4 cup Vegetable - 1/4 cup

SNACK (Select 2)
Fluid Milk - 4 oz.
Grain/Alt. - 1/2 oz. or 1/2 slice
Veg. &/or Fruit or Juice - 1/2 c.

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MAY

2019

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday			Tuesday			Wednesday			Thursday			Friday		
29			30			01			02			03		
	B:		B: Orange wedges, granola cereal			B: Breadsticks w/honey butter, grapes			B: Yogurt parfait, strawberries w/granola					
	L:		L: Scrambled eggs, biscuit, Mediterranean blend, diced pears			L: Chef's salad - meat, egg, lettuce, tomato, broccoli, crackers, fresh finger fruits			L: Hot chicken sliders, WG bun, roasted asparagus w/lemon, peaches					
	S:		S: Graham crackers, 1/2 banana,			S: Pretzels, 100% orange juice ☼			S: String cheese, rice cakes					
06			07			08			09			10		
	B: Blueberry muffin, oranges		B: Waffles, applesauce			B: English muffin w/butter, tropical fruit			B: Kix cereal, berries					
	L: Baked chicken breast, italian pasta salad w/cucumber & tomato, apricots		L: Hot ham & cheese, fresh spinach salad w/mandarin oranges & strawberries, fresh fruit			L: Cold meat & cheese plate, wg crackers, fresh veggies & dip, banana			L: WG spaghetti w/meat sauce, cucumber slices/dip, pineapple					
	S: WG Crackers, dried plums, milk		S: Guacamole w/tortilla chips			S: Chex mix, grapes			S: Veggies, hummus, goldfish crackers					
13			14			15			16			17		
	B: Pineapple tidbits, bagel		B: Melon chunks, English muffin			B: Fresh berries, muffins			B: Cereal, mixed fruit					
	L: Hot ham slices, broccoli slaw, pears, wg bread w/ jam		L: Sloppy joe sliders, WG bun, mixed green salad w/cherry tomatoes, applesauce			L: Chicken salad sub, raw vegetables/dip, mixed fruit			L: Cheeseburger on WG bun, lettuce & tomato, oven fries, kiwi					
	S: Cheese cubes, pretzels		S: Frozen fruit bar, mini rice cakes			S: Graham crackers, berries,			S: Bugs on a log, (celery, PB/ raisins)					
20			21			22			23			24		
	B: Pancakes, banana		B: Cereal, 100% juice			B: Cook's choice			B: Strawberries, Kix cereal					
	L: Walking taco: tortilla chips, meat, lettuce, tomato, shredded cheese, avocado, tropical fruit		L: Fish sticks, coleslaw, wg roll, kiwi			L: Cook's choice			L: Meat loaf, peaches, green beans, WG roll.					
	S: Hawaiian bread, spinach dip, string cheese		S: Apples, yogurt w/PB dip			S: Cook's choice			S: Fruit salsa, graham crackers					
27			28			29			30			31		
Memorial Day Holiday	B: Use it up		B: English muffin w/butter,			B: Raisin cinnamon toast, applesauce			B: French toast, peaches					
	L: Fish sandwich, WG bun, tator tots, apricots		L: Pizza: ham & turkey sausage, spinach salad, plums			L: Chicken strips, mac & cheese, steamed broccoli, fresh strawberries			L: Hamburger gravy over WG toast, green beans, mangos					
	S: String cheese, strawberry applesauce		S: Seasoned oyster crackers, 100% juice			S: Fresh pears w/WG crackers			S: Use it up					
Hilarie Flory, RD, LD Tiffany McBride, Health & Safety Assistant			BREAKFAST Fluid Milk - 6 oz. Veg. & or Fruit or Juice - 1/2 c. Meat/Alt. - 1 1/2 oz. Grain/Alt. - 1/2 oz. or slice			LUNCH Fluid Milk - 6 oz. Meat/Alt. 1 1/2 oz. Grain/Alt. - 1/2 oz. or 1/2 slice Fruit - 1/4 cup Vegetable - 1/4 cup			SNACK (Select 2) Fluid Milk - 4 oz. Grain/Alt. - 1/2 oz. or 1/2 slice Veg. &/or Fruit or Juice - 1/2 c.			Serving sizes for 3-5 year old preschool children. Master menu signed/approved by a registered dietitian is on file. 1% milk is offered at breakfast and lunch. Water is offered at snack unless noted. Whole Grain (WG) Rich Component is highlighted if different from listed menu item. This institution is an equal opportunity provider.		

JUNE

2019

Northwestern Ohio Community Action Commission - Head Start/ECE

Monday			Tuesday			Wednesday			Thursday			Friday		
03			B: Muffin, banana L: Chef salad w/ham & turkey, WG roll, applesauce S: Fresh vegetables w/dip, Hawaiian bread	04	B: Cherries, pancakes L: Sausage sandwich (wg bun), green beans, apricots S: 100% fruit bar, WG crackers	05	B: Mixed berries, Total cereal L: Chicken Alfredo, WG pasta, broccoli, peaches S: Guacamole w/tortilla chips, cheese chunks	06	B: 100% juice, English muffin w/jam L: Cook's Choice S: Fresh strawberries, trail mix	07				
10			B: Fresh blueberries, Chex cereal L: Fish sandwich, WG bun, tartar sauce, potato wedges, kiwi S: Cottage cheese, peaches	11	B: Banana bread, 100% apple juice L: Chunky lunch: ham chunks, cheese chunks, cucumber chunks/dip, fresh apple wedges, WG crackers S: Goldfish crackers, grapes	12	B: Cook's Choice L: Cook's Choice S: Cook's Choice	13	B: Breakfast bar, banana L: Hamburger, WG bun, baked beans, pears S: Fruit, animal crackers ☺	14				
17			B: Fruit smoothie, Rice Chex cereal ☺ L: Taco: meat, cheese, lettuce, WG tortilla, black olives & salsa, plums S: Blueberry muffin, yogurt	18	B: Fresh strawberries, granola L: BBQ pork sliders, WG bun, baked sweet potatoes, cinnamon applesauce S: 100% juice, WG Cheez-its	19	B: Tropical fruit, biscuit w/honey L: Salmon patties, WG bun, peas, fresh mixed fruit S: Graham crackers, kiwi	20	B: Fresh fruit, waffles w/syrup L: Cook's choice S: Celery & apples, peanut butter	21				
24			B: Raisin cinnamon toast, applesauce ☺ L: Chicken strips, cornbread, fresh vegetables w/dip, fruit cocktail S: Fruit smoothie, 1/2 PB&J sandwich	25	B: Cereal, mixed berries L: Ham & pineapple kabobs, spinach salad, WG dinner roll w/butter S: 100% juice,	26	B: English muffin w/honey butter, 100% juice L: Mini sloppy joe, wg bun, peas, fresh fruit S: Cottage cheese, kiwi	27	B: Use it up L: Use it up S: Use it up	28				
01	Hilarie Flory, RD, LD Tiffany McBride, Health & Safety Assistant		BREAKFAST Fluid Milk - 6 oz. Veg. & or Fruit or Juice - 1/2 c. Meat/Alt. - 1 1/2 oz. Grain/Alt. - 1/2 oz. or slice	02	LUNCH Fluid Milk - 6 oz. Meat/Alt. 1 1/2 oz. Grain/Alt. - 1/2 oz. or 1/2 slice Fruit - 1/4 cup Vegetable - 1/4 cup	03	SNACK (Select 2) Fluid Milk - 4 oz. Grain/Alt. - 1/2 oz. or 1/2 slice Veg. &/or Fruit or Juice - 1/2 c.	04	Serving sizes for 3-5 year old preschool children. Master menu signed/approved by a registered dietitian is on file. 1% milk is offered at breakfast and lunch. Water is offered at snack unless noted. Whole Grain (WG) Rich Component is highlighted if different from listed menu item. This institution is an equal opportunity provider.	05				