



**COI**  
2020-2021 Head Start Menu  
Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
Peaches (1/4c) Cereal (1/2c)  Whole Milk (1/2c)	Applesauce (1/4c) Scrambled Eggs (1/4c)  Whole Milk (1/2c)	Mixed fruit (1/4c) Bagel Bites (1)  Whole Milk (1/2c)	Banana (1) WG French toast- 3 Or WG Pancakes (1)  Whole Milk (1/2c)	Pears (1/4c) Yogurt (1/4c)  Whole Milk (1/2c)
Cheese Pizza Moz. Cheese (1/4c) Broccoli (1/4c) Man. Orange (1/4c)  Whole Milk (1/2c)	<u>Chicken Wrap</u> WG Tortilla (1) Chicken (1.5oz.) Tator tots (1/4c) D.tomatoes/Cheese Pineapple (1/4c)  Whole Milk (1/2c)	<u>Egg Salad Sandwich</u> Egg salad (2oz.) WG Bread (1sl.) 3-Bean salad (1/4c) Fresh Melon (1/4c)  Whole Milk (1/2c)	Hamburger Patty WG Bun (1) Mac Salad (1/4c) Green Beans (1/4c) Pears (1/4c)  Whole Milk (1/2c)	Chicken Patty 3oz WG Bun (1) Cucumber/tomato Salad (1/4c) Fresh Apples (1/4c)  Whole Milk (1/2c)
Yogurt (1/4c) WG Crackers (1/4)  Water (1/2c)	Cheddar Whales Crackers (1/2c) Peaches (1/2c)  Water (1/2c)	WG Pita (1/4) Spinach Dip (1/2c)  Water (1/2c)	Whole Wheat Crackers (2Pkg) Fresh Oranges (1/4c) Water (1/2c)	Delicious Cottage Cheese (1/4c) Fresh Berries (1/2c)  Water (1/2c)

Menus are subject to change

1% Milk will be served for ages 2 and up

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ALL Foods are CACFP Approved