

Weeks of service: Aug. 10-14, Sept. 21-25,
 Nov. 2-6, Dec 14-18, Jan. 25-29, 2010,
 Mar. 8-12, Apr. 19-23, May 31-June 4,
 Jul. 12-16

Weekly Menu Planner
30 Day Cycle
Early Head Start
2009 - 2010

Week 1

MENU NUMBER	BREAKFAST	LUNCH	SUPPLEMENT
1	Milk Oatmeal Orange Juice	Milk Blackeyed Peas w/ Ham Bits Carrots Applesauce Cornbread	Milk Snack Crackers
2	Milk Pancakes Pears	Milk BBQ Chicken Peas Mashed Potatoes Bread	Milk Peanut Butter Crackers
3	Milk Cornflakes Peaches	Milk Cheeseburgers Tater Tots Fruit	Apple Juice Cinnamon Toast
4	Milk Biscuit w/gravy Pineapple Tidbits	Milk Pinto Beans Broccoli Pears Cornbread	Milk Vanilla Wafers
5	Milk Cheerios Grape Juice	Milk Macaroni & Cheese Fish Sticks Green Beans Fruit Cocktail	Milk Graham Crackers

Revised 6/10/09

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7/6/09 Anna Nowehin-Gough, MS, RDPA, IBCLC

Weeks of service: Aug. 17-21,
 Sept. 28-Oct. 2, Nov. 9-13, Dec. 21-25,
 Feb. 2-5, 2010, Mar. 15-19, Apr. 26-30,
 Jun. 7-11, July 19-23

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Week 2

MENU NUMBER	BREAKFAST	LUNCH	SUPPLEMENT
6	Milk Rice Grape Juice	Milk Grilled Cheese Sandwiches Vegetarian/Pork & Beans French Fries/Tator Tots Applesauce w/Lime Jello	Milk Vanilla Wafers
7	Milk Cornflakes Pineapple Tidbits	Milk Beef Lasagna/Goulash Peas Bananas/Fruit	Water Peanut butter Toast
8	Milk Scrambled Eggs Toast Fruit Cocktail	Milk Chicken Nuggets Green Beans Glazed Carrots Roll/Bread	Water Cheese and Crackers
9	Milk Rice Krispies Pears	Milk Chili W/Beans/Taco Soup Corn Oranges/Tropical Fruit Crackers	Pineapple Juice Toast
10	Milk Cinnamon Toast Peaches	Milk Chicken & Rice Broccoli Banana/Fruit	Milk Graham Cracker

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7/01/09 *Ann Howell* *himbayh MS, RD/ND, IBCC*

Weekly Menu Planner

30 Day Cycle

Early Head Start

2009 - 2010

Weeks of service: Aug. 24-28, Oct. 5-9
 Nov. 16-20, Dec. 28- Jan. 1, 2010, Feb. 8-12,
 Mar. 22-26, May 3-7, Jun. 14-18, Jul. 26-30

Week 3

MENU NUMBER	BREAKFAST	LUNCH	SUPPLEMENT
11	Milk Pancakes Applesauce	Milk Ham/Cheese Sandwich Vegetarian/Pork & Ranch Style Beans Peaches	Grape Juice Cinnamon Toast
12	Milk Rice Krispies Pears	Milk Tater Tot Bake Fruit Cocktail Bread	Milk Applesauce Muffins
13	Milk Biscuit w/Jelly Pineapple Tidbits	Milk Chicken Spaghetti Peas Peaches	Milk Snack Crackers
14	Milk Cream of Wheat Fruit Cocktail	Milk Pizza Burger Corn Oranges	Water Peanut Butter Saltines
15	Milk Cheerios Bananas/Fruit	Milk Ham Sweet Potatoes/Mashed Potatoes Green Beans Bread/Roll	Apple Juice Graham Cracker

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Ann Home - Insan for MS, ROKD, IBCLC

Weeks of service: Aug. 31- Sept. 4, Oct. 12-16,
 Nov. 23-27, Jan. 4-8, 2010, Feb 15-19,
 Mar. 29-Apr. 2, May 10-14, Jun. 21-25

Weekly Menu Planner
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Week 4

MENU NUMBER	BREAKFAST	LUNCH	SUPPLEMENT
16	Milk Rice Orange Juice	Milk Blackeyed Peas with Ham Bits Cabbage Cornbread Pears w/red Jello	Milk Toast
17	Milk French Toast with Syrup Applesauce	Milk Baked Chicken Broccoli Carrots/Sweet Potatoes Bread	Orange Juice Graham Crackers
18	Milk Oatmeal Grape Juice	Milk Fish Sticks Mixed Vegetables Rosy Applesauce Bread/Crackers	Milk Banana Muffin
19	Milk Cheerios Pears	Milk Beef Stroganoff Green Peas Banana/Fruit	Water Cheese Toast
20	Milk Peanut Butter Toast Peaches	Milk Bologna and Cheese Sandwich Oranges/Fruit French Fries	Apple Juice Vanilla Wafers

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7/6/09 Anna Howe-Hibough, MS, RD/CD, IBCLC

Weeks of service: Sept. 7-11, Oct. 19-23,
Nov. 30-Dec. 4, Jan. 11-15, 2010, Feb. 22-
26, Apr. 5-9, May 17-21, Jun. 28-Jul. 2

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Week 5

MENU NUMBER	BREAKFAST	LUNCH	SUPPLEMENT
21	Milk Cheese Toast Fruit Cocktail	Milk Lima/Great Northern Beans with Ham Bits Greens/Spinach Rosy Applesauce Cornbread	Water Saltines and Peanut Butter
22	Milk Cornflakes Peaches	Milk Teriyaki Chicken Rice Broccoli Oranges/Fruit	Milk Vanilla Wafers
23	Milk Scrambled Egg Toast Pineapple Tidbits	Milk Turkey Ham Cheesy Potato Green Beans Roll/Bread	Milk Cheese Crackers
24	Milk Biscuit or Toast w/Gravy Peaches	Milk Salisbury Steak Mashed Potatoes Applesauce/Lime Jello Roll/Bread	Grape Juice Cinnamon Toast
25	Milk Rice Krispies Pineapple Tidbits	Milk Mexican Casserole/Tamale Pie Peas Fruit Cocktail	Milk Graham Crackers

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2009 - 2010

Weeks of service: Aug. 3-7, Sept. 14-18,
 Oct. 26-30, Dec. 7-11,
 Jan. 18-22, 2010, Mar. 1-5, Apr. 12-17,
 May 24-28, Jun. 5-9

Week 6

MENU NUMBER	BREAKFAST	LUNCH	SUPPLEMENT
26	Milk French Toast/Pancakes w/syrup Pineapple Tidbits/Fresh Fruit	Milk Tuna Sandwiches Mixed Vegetables Rosy Applesauce	Milk Wheat Crackers
27	Milk Scrambled Eggs Toast Pears	Milk Chicken Nuggets Green Beans Fruit Cocktail Bread	Apple Juice Snack Crackers
28	Milk Cheerios Peaches	Milk Hamburger Stew Slice Cheese Oranges Saltine Crackers/Cornbread	Milk Cake
29	Milk Cream of Wheat Fruit Cocktail	Milk Chicken & Dumplings Beets or Sweet Peas Applesauce	Water Cheese Toast
30	Milk Cinnamon Toast Applesauce	Milk Spaghetti w/Meat Sauce Corn Peaches	Grape Juice Graham Crackers

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7/10/09 Anna Howe - Miranda MS, RD, PhD, IBCLC