




People Incorporated Early Head Start September 2017 Breakfast Center _____



NO Strawberries for Children Under 1 Yr of age***** No eggs under 1 yr

				Friday, September 1
				Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
Closed	Oatmeal ½ cup or Cream of Wheat ½ cup Whole Wheat Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Pancakes or Whole Grain Waffles 4" Breakfast Syrup -1 Pack  Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Biscuit Turkey Sausage (chopped) Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Corn Puffs, Cheerios, Rice Krispies, or Corn Flakes ¾ cup Unsweetened Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of Ready to eat Cereal Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Egg & Cheese Biscuit (Whole Grain Biscuit w/Scrambled Eggs and Cheese) Applesauce ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Pancakes or Whole Grain Waffles 4" Breakfast Syrup -1 Pack Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Overnight Oats (Vanilla Yogurt with Oatmeal) ½ cup Whole Grain Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Corn Puffs, Cheerios, Rice Krispies, or Corn Flakes ¾ cup Unsweetened Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of Ready to eat Cereal Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Hard Boiled Egg-1 Whole Wheat Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk


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Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Baked Cheese Omelet 2 tbsp. Whole Wheat Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Biscuit Turkey Sausage (chopped) Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Oatmeal ½ cup or Cream of Wheat ½ cup Whole Wheat Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Pancakes or Whole Grain Waffles 4” Breakfast Syrup -1 Pack  Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Scrambled Eggs 2 tbsp. Whole Grain Biscuit Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Overnight Oats (Vanilla Yogurt with Oatmeal) ½ cup Whole Grain Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Corn Puffs, Cheerios, Rice Krispies, or Corn Flakes ¾ cup Unsweetened Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of Ready to eat Cereal Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Grain Biscuit Turkey Sausage (chopped) Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Wheat Cheese Toast Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk

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**People Incorporated Early Head Start
September 2017 Lunch
Center _____**



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				Friday, September 1
				Spaghetti with Turkey or Beef meat sauce Green Salad ½ cup (Lettuce, Cucumber Wedges, Tomato Wedges (shredded cheese optional)) Corn or Corn on Cob ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
Closed	Chicken & Dumplings, Chicken Pot Pie Muffins or Chicken Casserole Cooked Carrots, Green Beans, Broccoli or Mixed Vegetables ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Chili 2oz. on Whole Wheat Hot Dog Bun Potato Salad ½ cup Baked Beans ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Turkey and Cheese Sandwich on Whole Grain Roll, Whole Grain Hot Dog Bun, or Whole Wheat Bread Goldfish Crackers ½ cup Steamed Veggie Dippers with Ranch ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Meatloaf or Chopped Steak with gravy Mashed Potatoes ½ cup Peas ½ cup Whole Grain Roll Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
Taco- ground turkey ½ cup Shredded Cheese on Whole Grain Tortilla (soft) Lettuce & Tomato Corn ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Toasted (Deli Ham, Turkey or Roast Beef) & Cheese Sandwich/Whole Grain Bread Steamed Veggie Dippers with Ranch ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Fun Shaped Fish Nibbles Baked Fries or Baked Sweet Potato Fries ½ cup Cole Slaw ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Pizza (Turkey Sausage) Green Salad (Lettuce, Cucumber Wedges, Tomato Wedges) (shredded cheese optional) ½ cup Corn ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Tender Sliders (chicken tenders on a mini whole grain bun) Serve with dipping sauce Broccoli and cheese ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk

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Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
Beef Meatballs with brown gravy Mashed Potatoes ½ cup Peas ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Salad Sandwich on Whole Wheat Bread Steamed Veggie Dippers ½ cup Fruit ½ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Hamburger Sliders-2oz Beef Patty on Mini Whole Grain Bun Baked Fries ½ cup Cooked Carrots, Green Beans, Broccoli or Mixed Vegetables ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Toasted (Deli Ham, Turkey or Roast Beef) & Cheese Sandwich/Whole Grain Bread Goldfish Crackers ½ cup Homemade Pasta Salad ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Alfredo With a Twist Green Beans or Fresh Veggie Dippers with ranch dip ½ cup Whole Grain Roll Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
Sweet/Sour Chicken, Baked Parmesan Chicken or Grilled BBQ Chicken 2oz Baked Beans, Green Beans, Steamed Broccoli or Green Salad ½ cup Rice, Whole Grain Roll, Whole Wheat Crackers or Bread ½ slice Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Turkey and Cheese Sandwich on Whole Grain Roll, Whole Grain Hot Dog Bun, or Whole Wheat Bread Green Salad (Lettuce, Cucumber Wedges, Tomato Wedges) (shredded cheese optional)½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Tender Sliders (chicken tenders on a mini whole grain bun) Serve with dipping sauce Broccoli and cheese ½ cup Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Pinto or Northern Beans 3/8 cup  Potato Salad, Pasta Salad, Diced Baked Potatoes, Stewed Tomatoes or Macaroni and Cheese ½ cup Cornbread Muffins Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk	Sloppy Joe made with ground turkey on Whole Grain Bun Homemade Potato Salad ½ cup Steamed Veggie Dippers ½ cup Fresh Fruit ½ cup Whole Milk ½ cup-over 2yrs. Skim Milk 

*****Veggie dippers will include **TWO** of the following: carrot chips, cucumber, green bell pepper, broccoli, cauliflower

*****Approved Condiments: Ketchup, Mustard, Honey Mustard, Mayonnaise, BBQ Sauce, Ranch Dressing, Raspberry Vinaigrette Dressing, and Salsa

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