





# People Incorporated Early Head Start July 2018 Breakfast Center



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

Monday, July 2	Tuesday, July 3	Wednesday, July 4	Thursday, July 5	Friday, July 6
<p>Whole Grain Biscuit Turkey Sausage (chopped)</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Cheerios, Rice Krispies, or Corn Flakes ½ cup Unsweetened <b>Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of Ready to eat Cereal</b></p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p><b>Closed</b></p>	<p>Whole Grain Pancakes or Whole Grain Waffles 4” Breakfast Syrup -1 Pack</p>  <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Oatmeal ¼ cup or Cream of Wheat ¼ cup</p> <p>Whole Wheat Toast</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>
Monday, July 9	Tuesday, July 10	Wednesday, July 11	Thursday, July 12	Friday, July 13
<p>Egg &amp; Cheese Biscuit (Whole Grain Biscuit w/Scrambled Eggs and Cheese</p> <p>Applesauce ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Whole Wheat Cheese Toast</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Yogurt Parfait- Vanilla Yogurt with Cheerio Topping</p> <p>Fresh Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Whole Grain Biscuit Turkey Sausage (chopped)</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>
Monday, July 16	Tuesday, July 17	Wednesday, July 18	Thursday, July 19	Friday, July 20
<p>Baked Cheese Omelet 2 tbsp.</p> <p>Whole Wheat Toast</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Whole Grain Pancakes or Whole Grain Waffles 4” Breakfast Syrup -1 Pack</p>  <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Hard Boiled Egg-1</p> <p>Whole Wheat Toast</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Cheerios, Rice Krispies, or Corn Flakes ½ cup Unsweetened <b>Under 1 yr must serve Whole Grain Toast with ½ cup of Vanilla Yogurt instead of Ready to eat Cereal</b></p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>	<p>Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter</p> <p>Fruit ¼ cup</p> <p>Whole Milk ½ cup-over 2yrs. Skim Milk</p>



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Monday, July 23	Tuesday, July 24	Wednesday, July 25	Thursday, July 26	Friday, July 27
Whole Grain Biscuit  Turkey Sausage (chopped)  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Wheat Cheese Toast  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Scrambled Eggs 2 tbsp.  Whole Grain Biscuit  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Oatmeal ¼ cup or Cream of Wheat ¼ cup  Whole Wheat Toast  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Yogurt Parfait- Vanilla Yogurt with Cheerio Topping  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, July 30	Tuesday, July 31			
Whole Grain Banana or Apple Bread or Whole Grain Plain or Blueberry Bagel with Lowfat Cream Cheese or Apple butter  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Whole Wheat Cinnamon Toast  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk			



## People Incorporated Early Head Start July 2018 Lunch Menu



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Monday, July 2	Tuesday, July 3	Wednesday, July 4	Thursday, July 5	Friday, July 6
Lasagna  Spinach and Strawberry Salad ¼ cup  Whole Grain Roll  Peaches ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Hamburger Sliders-2oz Beef Patty on Mini Bun  Baked Sweet Potato Fries ¼ cup  Fresh Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	<h1 style="font-size: 2em;">Closed</h1>	Meat & Cheese Roll-up (deli ham, turkey or roast beef with cheese on a whole grain tortilla shell)  Homemade Macaroni Salad ¼ cup  Fresh Oranges ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Sweet/Sour Chicken, Baked Parmesan Chicken or Grilled BBQ Chicken 2oz  Baked Beans, Green Beans, Steamed Broccoli or Green Salad ¼ cup  Whole Grain Roll, Whole Wheat Crackers or Bread ½ slice  Fresh Fruit ¼ cup Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, July 9	Tuesday, July 10	Wednesday, July 11	Thursday, July 12	Friday, July 13
Fun Shaped Fish Nibbles  Green Beans ¼ cup  Hushpuppies  Fruit Smoothie ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Salad Sandwich on Whole Wheat Bread  Fresh veggie dippers with ranch dip ¼ cup  Yogurt Parfait (vanilla yogurt & berries) ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Chili 2oz. on Whole Wheat Hot Dog Bun  Homemade Potato Salad ¼ cup  Fresh Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Pizza (Turkey Sausage)  Corn or Corn on the Cob ¼ cup  Green Salad (Lettuce, Cucumber Wedges, Tomato Wedges) (shredded cheese optional) ¼ cup  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Meatball Subs— Marinara Meatballs on Whole Grain Sub Bun with Mozzarella Cheese  Baked Sweet Potato Fries ¼ cup  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk
Monday, July 16	Tuesday, July 17	Wednesday, July 18	Thursday, July 19	Friday, July 20
Spaghetti  Steamed Broccoli with Ranch dressing ¼ cup  Whole Grain Crackers  Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Hawaiian Chicken Tender Sliders (chicken tenders on a mini whole grain bun with pineapple) Serve with dipping sauce  Cole Slaw ¼ cup  Bananas ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Sloppy Joe on Whole Grain Bun  Homemade Macaroni Salad ¼ cup  Fresh Fruit ¼ cup   Whole Milk ½ cup-over 2yrs. Skim Milk	Grilled Cheese Sandwich  Tomato Soup ¼ cup  Cucumber Slices  Fruit Smoothie ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk	Chicken Alfredo With a Twist  Steamed Carrots with Ranch dressing ¼ cup  Whole Grain Bread Stick  Fresh Fruit ¼ cup  Whole Milk ½ cup-over 2yrs. Skim Milk




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<b>Hamburger Sliders-2oz Beef Patty on Mini Bun</b>  <b>Homemade Potato Salad ¼ cup</b>  <b>Cottage Cheese with ¼ cup of Pineapple</b>  <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>	<b>Toasted Turkey and Cheese Sandwich on Whole Grain Roll, Whole Grain Hot Dog Bun, or Whole Wheat Bread</b>  <b>Green Salad (Lettuce, Cucumber Wedges, Tomato Wedges) (shredded cheese optional)¼ cup</b>  <b>Fruit ¼ cup</b>  <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>	<b>Submarine Sandwich-Roast Beef &amp; Cheese on Whole Grain Sub Bun</b>  <b>Fresh veggie dippers with ranch dip ¼ cup</b>  <b>Fruit Smoothie ¼ cup</b>  <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>	<b>Beans and Rice</b>  <b>Homemade Tortilla's</b>  <b>Salsa and Guacamole</b>  <b>Fresh Oranges ¼ cup</b>  <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>	<b>Chili 2oz. on Whole Wheat Hot Dog Bun</b>  <b>Baked Sweet Potato Fries ¼ cup</b>  <b>Green Beans ¼ cup</b>  <b>Fresh Fruit ¼ cup</b>  <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>
Monday, July 30	Tuesday, July 31			
<b>Fun Shaped Fish Nibbles</b>  <b>Cole Slaw ¼ cup</b>  <b>Hushpuppies</b>  <b>Fruit ¼ cup</b>  <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>	<b>Chicken Salad Sandwich on Whole Wheat Bread</b>  <b>Fresh veggie dippers with ranch dip ¼ cup</b>  <b>Yogurt Parfait (vanilla yogurt &amp; berries) ¼ cup</b>   <b>Whole Milk ½ cup-over 2yrs. Skim Milk</b>			

\*\*\*\*\*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, Pickles, and Salsa