

Head Start Breakfast January 4 - 29, 2010

“The USDA and the State of Indiana are equal opportunity providers and employees”

Breakfast=Milk 8 oz, juice or veg. or fruit 4oz, ½ c, and grain product

Serving sizes are appropriate for 3 – 5 year olds

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Cereal Toasty O's ½ c Juice Apple 4 oz Milk 8 oz. Substitution _____	5 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> French toast sticks 3ea syrup Mandarin oranges ½ c Milk 8 oz. Substitution _____	6 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Oatmeal / br. Sugar ¼ c Juice Cherry 4 oz Milk 8 oz. Substitution _____	7 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Blueberry bagel/cr.cheese 1 pc Tropical fruit ½ c Milk 8 oz. Substitution _____	8 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Sausage /biscuit 1 ea Diced Pears ½ Milk 8 oz. Substitution _____
11 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Cereal Crispy Rice ½ c Juice Green watermelon 4 oz Milk 8 oz. Substitution _____	12 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> English muffin ½ ea Grape jelly Mixed fruit ½ c Milk 8 oz. Substitution _____	13 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Yogurt watermelon 4 oz Graham crackers 2 ea Apple qtrs. 2 pcs Milk 8 oz. Substitution _____	14 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Waffle sticks/syrup 2 ea Juice Orange –Pineapple 4 oz Milk 8 oz. Substitution _____	15 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Scrambled eggs ¼ c Bacon ring 1 ea Toast 1 ea Mandarin oranges 4 oz Milk 8 oz. Substitution _____
18 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Martin Luther King Day CLOSED Milk 8 oz. Substitution _____	19 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Cereal Blueberry muffin top ½ c Juice Strawberry 4oz Milk 8 oz. Substitution _____	20 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Boiled egg ½ ea Biscuit/jelly 1 ea Applesauce ½ c Milk 8 oz. Substitution _____	21 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Cream of wheat/sprinkles ¼ c Orange quarters 2 ea Milk 8 oz. Substitution _____	22 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Waffle /syrup 1 ea Apricots ½ c Milk 8 oz. Substitution _____
25 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Cereal corn flakes ½ c Juice Apple 4 oz Milk 8 oz. Substitution _____	26 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Pancake/syrup 2 ea Mixed fruit ½ c Milk 8 oz. Substitution _____	27 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Bran Raisin Muffin 1 ea Diced pears ½ c Milk 8 oz. Substitution _____	28 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Egg omelet/cheese 1 pc Toast 1 sl Juice Orange 4 oz Milk 8 oz. Substitution _____	29 <u>Food Item</u> <u>Amount</u> <u>Temp.</u> Monkey Bread 1 ea Pineapple Tidbits ½ c Milk 8 oz.____ Substitution _____
<u>Food Item</u> <u>Amount</u> <u>Temp.</u> Milk 8 oz. Substitution _____	<u>Food Item</u> <u>Amount</u> <u>Temp.</u> Milk 8 oz. Substitution _____	<u>Food Item</u> <u>Amount</u> <u>Temp.</u> Milk 8 oz. Substitution _____	<u>Food Item</u> <u>Amount</u> <u>Temp.</u> Milk 8 oz. Substitution _____	<u>Food Item</u> <u>Amount</u> <u>Temp.</u> Milk 8 oz.____ Substitution _____

US Standard Government Recipe 1 serving = 1oz protein.

Menu changes will be made and recorded as needed.

Prepared by: R. F Turner