

ICS Head Start BREAKFAST

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 FRENCH TOAST STICKS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 4 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	Nov - 5 TOAST,BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Nov - 6 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 7 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Nov - 8 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov – 11 Holiday	Nov - 12 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 13 WAFFLE (WHOLE GRAIN) MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)	Nov - 14 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	Nov - 15 TOAST,BUTTERED 1/2 slice STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 18 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 19 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Nov - 20 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 21 CHEERIOS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 22 BUTTERED OATMEAL 1/4 cup MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)
Nov – 25 Holiday	Nov – 26 Holiday	Nov – 27 Holiday	Nov – 28 Holiday	Nov – 29 Holiday

Toddlers will not be given hard foods or foods in forms that are choking hazards for their development. Meats will be cut into bite size pieces where applicable. Toddlers are to be given whole milk unless a doctor's statement indicates otherwise. Infants and toddlers are to never be given anything which has honey in it. All fresh fruits will be quartered or sliced before leaving the kitchen.

ICS Head Start
LUNCH
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Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)
Nov - 4 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Nov - 5 GRILLED CHEESE SANDWIC MIXED VEGETABLE PEARS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 6 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 7 BEEF AND SPANISH RICE SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 8 BBQ RIB PATTY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)
Nov - 11 Holiday	Nov - 12 MEATLOAF STEAMED CABBAGE CARROTS, Canned (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 13 MACARONI AND CHEESE COLLARD GREENS (1/4 cup) MANDARIN ORANGE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 14 SLOPPY JOE COLE SLAW (1/4 cup) PINEAPPLE,Canned,1/4 c. WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Nov - 15 CHICKEN SALAD LETTUCE & TOMATO, 1/4 cup APPLE Slices (1/4 cup) WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Nov - 18 HAM SANDWICH LETTUCE AND TOMATO PEARS,Fresh 1/2 MILK - fat free water(ExtraNotReimbursable)	Nov - 19 SALISBURY STEAK MASHED POTATOES (1/4 cup) BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 20 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimburseable)	Nov - 21 TURKEY AND DRESSING SU GREEN BEANS, 1/4 cup SWEET POTATOES & APPLE WHOLE WHEAT ROLL CRANBERRY SAUCE MILK - fat free water(ExtraNotReimbursable)	Nov - 22 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) TOMATO SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)
Nov - 25	Nov - 26	Nov - 27	Nov - 28	Nov - 29

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ICS Head Start SNACK

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Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 WHOLE WHEAT CRACKERS ORANGE JUICE, USW water(ExtraNotReimbursable)
Nov - 4 CINNAMON TOAST 1/2 APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 5 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Nov - 6 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Nov - 7 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Nov - 8 GINGERBREAD Cranberry Sauce Tasting Party MILK - fat free 4 oz water(ExtraNotReimbursable)
Nov - 11 Holiday	Nov - 12 CINNAMON TOAST 1/2 GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 13 BANANA BREAD SQUARES APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 14 WHOLE WHEAT CRACKERS ORANGE JUICE, USW water(ExtraNotReimbursable)	Nov - 15 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)
Nov - 18 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Nov - 19 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Nov - 20 GINGERBREAD MILK - fat free 4 oz water(ExtraNotReimbursable)	Nov - 21 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 22 RAISIN BREAD APPLE JUICE, USW water(ExtraNotReimbursable)
Nov - 25 Holiday	Nov - 26 Holiday	Nov - 27 Holiday	Nov - 28 Holiday	Nov - 29 Holiday

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