


# ICS Head Start

ICS is an Equal Opportunity Provider


Monday	Tuesday	Wednesday	Thursday	Friday
				
May - 3 RICE KRISPIES PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 4 CORNFLAKES APRICOT HALVES Canned ½ C MILK - fat free water(ExtraNotReimbursable)	May - 5 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	May - 6 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 7 FRENCH TOAST STICKS MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)
May - 10 KIX CEREAL HONEY DEW MELON (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 11 WHOLE WHEAT PANCAKES BANANA SLICES, 1/2 CUP MILK - fat free water(ExtraNotReimbursable)	May - 12 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 13 QUAKER OAT SQUARE CER CANTALOUPE, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 14 BUTTERED OATMEAL 1/4 cup MIXED FRUIT CUP 1/2c. SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)
May - 17 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	May - 18 TOAST, WITH CREAM CHEE BANANA/STRAWBERRY CUP MILK - fat free water(ExtraNotReimbursable)	May - 19 GRITS WITH CHEESE, ¼ CUP KIWI FRUIT, ½ CUP MILK - fat free water(ExtraNotReimbursable)	May - 20 CORNFLAKES PEACHES, Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 21 RICE KRISPIES MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)
May - 24 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 25 QUAKER OAT SQUARE CER BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	May - 26 BUTTERED OATMEAL 1/4 cup PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 27 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	May - 28 WHOLE WHEAT PANCAKES HONEY DEW MELON, 1/2 CUP MILK - fat free water(ExtraNotReimbursable)

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 SERVICE TIME 11:30 am

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Monday	Tuesday	Wednesday	Thursday	Friday
				
May - 3  BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)	May - 4  SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 5  GRILLED CHEESE SANDWICH VEGETABLE SOUP PEARS, Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 6  CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	May - 7  BEEF AND SPANISH RICE SPINACH (1/4 cup) WATERMELON, Fresh (1/4 cup) MILK - fat free water(ExtraNotReimbursable)
May - 10  BBQ RIB PATTY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	May - 11  BAKED TURKEY BREAST STEAMED CABBAGE CARROTS, Canned (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	May - 12  MACARONI AND CHEESE COLLARD GREENS (1/4 cup) MANDARIN ORANGE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	May - 13  BEEF BURRITO PINTO BEANS 1/4 cup LETTUCE & TOMATO, 1/4 cup Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)	May - 14  OVEN FRIED CHICKEN SWEET POTATOES 1/4 cup TURNIP GREENS 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)
May - 17  BAKED HAM CARROTS, Canned (1/4 cup) BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	May - 18  VEGETABLE FRITTATA SPINACH (1/4 cup) ORANGE Fresh Slices (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	May - 19  BBQ PULLED CHICKEN COLE SLAW (1/4 cup) PEACHES, diced (1/4 cup) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	May - 20  TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE, Canned, 1/4 c. MILK - fat free water(ExtraNotReimbursable)	May - 21  BEEF PATTY W/GRAVY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)
May - 24  CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)	May - 25  BAKED CHICKEN COLLARD GREENS 1/4 C. CAULIFLOWER (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	May - 26  SPAGHETTI AND MEAT SAU BROCCOLI 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 27  GRILLED CHEESE SANDWICH VEGETABLE SOUP PEARS, Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 28  CHICKEN PATTY, GRILLED MASHED POTATOES (1/4 cup) CARIBBEAN VEG 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)

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## ICS Head Start SNACK Service Time 2:00 pm

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Monday	Tuesday	Wednesday	Thursday	Friday
				
May - 3  WHOLE WHEAT CRACKERS APPLE JUICE,USW water(ExtraNotReimbursable)	May - 4  CINNAMON TOAST 1/2 ORANGE JUICE,USW water(ExtraNotReimbursable)	May - 5  GOLDFISH CRACKERS W.G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	May - 6  GRAHAM CRACKERS,Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	May - 7  PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
May - 10  GINGERBREAD MILK - fat free 4 oz water(ExtraNotReimbursable)	May - 11  CHILLED PEACH CUP MILK-fat free water(ExtraNotReimbursable)	May - 12  BANANA BREAD SQUARES APPLE JUICE,USW PAPAYA TASTING PARTY water(ExtraNotReimbursable)	May - 13  RAISIN BREAD PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	May - 14  WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)
May - 17  CINNAMON TORTILLA 1/2 APPLE JUICE,USW water(ExtraNotReimbursable)	May - 18  PLAIN MUFFIN PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	May - 19  GOLDFISH CRACKERS W.G WHITE GRAPE JUICE water(ExtraNotReimbursable)	May - 20  GRAHAM CRACKERS,Plain ORANGE JUICE,USW water(ExtraNotReimbursable)	May - 21  BANANA BREAD SQUARES SWISS CHEESE SLICE water(ExtraNotReimbursable)
May - 24  PLAN MUFFIN APPLE JUICE,USW water(ExtraNotReimbursable)	May - 25  RAISIN BREAD ORANGE JUICE,USW water(ExtraNotReimbursable)	May - 26  CINNAMON TOAST 1/2 MILK- fat free water(ExtraNotReimbursable)	May - 27  GOLDFISH CRACKERS W.G WHITE GRAPE JUICE water(ExtraNotReimbursable)	May - 28  GRAHAM CRACKERS,Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)
May - 31  				

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