


ICS Head Start

BREAKFAST Service Time 9:00 am

OCTOBER 2021

ICS is an Equal Opportunity Provider


Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 FRENCH TOAST STICKS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)
Oct - 4 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	Oct - 5 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Oct - 6 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 7 RICE KRISPIES DICED PEACHES (canned) MILK - fat free water(ExtraNotReimbursable)	Oct - 8 BRAN FLAKES HONEYDEW MELON 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Oct - 11 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 12 WAFFLE (WHOLE GRAIN) MIXED FRUIT CUP 1/2c. SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Oct - 13 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	Oct - 14 BUTTERED OATMEAL, ¼ Cup STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Oct - 15 WHOLE WHEAT PANCAKES CANTALOUPE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Oct - 18 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Oct - 19 GRITS WITH CHEESE, ¼ Cup DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 20 CHEERIOS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 21 BRAN FLAKES MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)	Oct - 22 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)
Oct - 25 TOAST, WITH CREAM CHEE BANANA/STRAWBERRY CUP MILK - fat free water(ExtraNotReimbursable)	Oct - 26 KIX CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 27 RICE KRISPIES MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 28 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 29 FRENCH TOAST STICKS PINEAPPLE,Canned,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
				Oct - 1 BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)
Oct - 4 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 5 GRILLED CHEESE SANDWIC MIXED VEGETABLE PEARS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 6 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Oct - 7 BEEF AND SPANISH RICE SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 8 BBQ RIB PATTY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)
Oct - 11 BAKED TURKEY BREAST STEAMED CABBAGE CARROTS, Canned (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Oct - 12 MACARONI AND CHEESE COLLARD GREENS (1/4 cup) MANDARIN ORANGE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 13 SLOPPY JOE SWEET POTATO FRIES PINEAPPLE,Canned,1/4 c. WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Oct - 14 CHICKEN SALAD LETTUCE & TOMATO, 1/4 cup APPLE Slices (1/4 cup) WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Oct - 15 BAKED HAM SCALLOPED POTATOES (1/4 GREEN BEANS, 1/4 cup WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)
Oct - 18 SALISBURY STEAK MASHED POTATOES (1/4 cup) BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Oct - 19 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup WATERMELON,Fresh (1/2 cup) MILK - fat free water(ExtraNotReimburseable)	Oct - 20 BEEF PATTY 2.8 oz LETTUCE & TOMATO, 1/4 cup SWEET POTATO FRIES WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Oct - 21 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) TOMATO SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Oct - 22 VEGETABLE FRITTATA BROCCOLI 1/4 cup CANTALOUPE CUP 1/4cup PLAIN MUFFIN MILK - fat free water(ExtraNotReimbursable)
Oct - 25 MACARONI AND CHEESE TURNIP GREENS 1/4 cup MELON FRUIT CUP 1/4 c MILK - fat free water(ExtraNotReimbursable)	Oct - 26 MEATLOAF SWEET POTATOES BLACKEYE PEAS 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Oct - 27 CHICKEN SALAD GREEN PEAS 1/4 cup WATERMELON, Fresh (1/4) WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Oct - 28 BEEF SOFT TACO Lettuce/Tomato/Salsa PINTO BEANS 1/4 cup TORTILLA, FLOUR MILK - fat free water(ExtraNotReimbursable)	Oct - 29 BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)

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ICS Head Start

SNACK Service Time 2:00 pm

Sep 17, 2021

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

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