







ICS Head Start

BREAKFAST Service Time 9:00 am






NOVEMBER 2021

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 1 CORNFLAKES DICED PEACHES Canned 1/2 MILK - fat free water(ExtraNotReimbursable)	Nov - 2 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Nov - 3 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 4 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Nov - 5 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 8 QUAKER OAT SQUARE CER PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 9 WAFFLE (WHOLE GRAIN) MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)	Nov - 10 KIX CEREAL BANANAS, Sliced ½ Cup MILK - fat free water(ExtraNotReimbursable)	Nov - 11 	Nov - 12 GRITS WITH CHEESE, ¼ Cup STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 15 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 16 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Nov - 17 BUTTERED OATMEAL, ¼ Cup PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 18 CHEERIOS DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 19 BRAN FLAKES MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)
Nov - 22 	Nov - 23 	Nov - 24 	Nov - 25 	Nov - 26 
Nov - 29 CORNFLAKES PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 30 FRENCH TOAST STICKS DICED PEARS, ½ 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







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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 1 SPAGHETTI AND MEAT SAUCE GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 2 GRILLED CHEESE SANDWIC MIXED VEGETABLE PEARS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 3 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 4 BEEF AND SPANISH RICE SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 5 BBQ RIB PATTY MASHED POTATOES (1/4 cup) STEAMED CABBAGE WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)
Nov - 8 MEATLOAF GREEN BEANS, 1/4 cup CARROTS, Canned (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 9 MACARONI AND CHEESE COLLARD GREENS (1/4 cup) MANDARIN ORANGE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 10 SLOPPY JOE COLE SLAW (1/4 cup) PINEAPPLE,Canned,1/4 c. WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Nov - 11 	Nov - 12 CHICKEN SALAD LETTUCE & TOMATO, 1/4 cup APPLE Slices (1/4 cup) WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Nov - 15 HAM SANDWICH LETTUCE AND TOMATO PEARS,Fresh 1/2 MILK - fat free water(ExtraNotReimbursable)	Nov - 16 SALISBURY STEAK MASHED POTATOES (1/4 cup) BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 17 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimburseable)	Nov - 18 TURKEY AND DRESSING SU GREEN BEANS, 1/4 cup SWEET POTATOES & APPLE WHOLE WHEAT ROLL CRANBERRY SAUCE MILK - fat free water(ExtraNotReimbursable)	Nov - 19 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) ORANGE,FRESH SLICES 1/4 WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)
Nov - 22 	Nov - 23 	Nov - 24 	Nov - 25 	Nov - 26 
Nov - 29 BBQ RIB PATTY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Nov - 30 MEATLOAF SWEET POTATOES BLACKEYE PEAS 1/4 cup CORNBREAD 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
Nov - 1 CHEEZIT "WG" ORANGE JUICE, USW water(ExtraNotReimbursable)	Nov - 2 CINNAMON TOAST 1/2 APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 3 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Nov - 4 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Nov - 5 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
Nov - 8 GINGERBREAD Cranberry Sauce Tasting Party MILK - fat free 4 oz water(ExtraNotReimbursable)	Nov - 9 CINNAMON TOAST 1/2 GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 10 BANANA BREAD SQUARES APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 11 	Nov - 12 WHOLE WHEAT CRACKERS ORANGE JUICE, USW water(ExtraNotReimbursable)
Nov - 15 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Nov - 16 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Nov - 17 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Nov - 18 GINGERBREAD MILK - fat free 4 oz water(ExtraNotReimbursable)	Nov - 19 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)
Nov - 22 	Nov - 23 	Nov - 24 	Nov - 25 	Nov - 26 
Nov - 29 RAISIN BREAD APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 30 WHOLE WHEAT CRACKERS ORANGE JUICE, USW water(ExtraNotReimbursable)			

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