

ICS Head Start BREAKFAST

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 FRENCH TOAST STICKS PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 3 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	Mar - 4 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Mar - 5 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 6 QUAKER OAT SQUARE CER MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)
Mar - 9 Spring Break	Mar - 10 Spring Break	Mar - 11 Spring Break	Mar - 12 Spring Break	Mar - 13 Spring Break
Mar - 16 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 17 QUAKER OAT SQUARE CER PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 18 BUTTERED OATMEAL 1/4 cup MIXED FRUIT CUP 1/2c. SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Mar - 19 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	Mar - 20 TOAST, WITH CREAM CHEE STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Mar - 23 ALPHA BITS CEREAL PEACHES, Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 24 RICE KRISPIES MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 25 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 26 QUAKER OAT SQUARE CER BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	Mar - 27 BUTTERED OATMEAL 1/4 cup PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Mar - 30 BUTTERED GRITS APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 31 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

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 3 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 4 GRILLED CHEESE SANDWIC VEGETABLE SOUP PEARS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 5 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 6 BEEF AND SPANISH RICE SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)
Mar - 9 Spring Break	Mar - 10 Spring Break	Mar - 11 Spring Break	Mar - 12 Spring Break	Mar - 13 Spring Break
Mar - 16 BBQ RIB PATTY POTATO SALAD (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Mar - 17 BAKED TURKEY BREAST STEAMED CABBAGE MASHED POTATOES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Mar - 18 MACARONI AND CHEESE COLLARD GREENS (1/4 cup) MANDARIN ORANGE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 19 TURKEY TACO PINTO BEANS 1/4 cup LETTUCE & TOMATO, 1/4 cup Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)	Mar - 20 OVEN FRIED CHICKEN SWEET POTATOES 1/4 cup TURNIP GREENS 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)
Mar - 23 BAKED HAM MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 24 VEGETABLE FRITTATA SPINACH (1/4 cup) APPLE Slices (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Mar - 25 BEEF STEW W/VEG PEACHES,diced (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 26 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Mar - 27 BEEF PATTY 2.8 oz DIRTY POTATOES (1/4 cup) LETTUCE & TOMATO, 1/4 cup WHOLE WHEAT BUN SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)
Mar - 30 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SOUP WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)	Mar - 31 BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)			

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ICS Head Start SNACK

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 TOAST,BUTTERED 1/2 slice GRAPE JUICE,USW water(ExtraNotReimbursable)	Mar - 3 CINNAMON TOAST 1/2 ORANGE JUICE,USW water(ExtraNotReimbursable)	Mar - 4 GOLDFISH CRACKERS W. G KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Mar - 5 WHOLE WHEAT CRACKERS TOMATO JUICE water(ExtraNotReimbursable)	Mar - 6 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
Mar - 9 Spring Break	Mar - 10 Spring Break	Mar - 11 Spring Break	Mar - 12 Spring Break	Mar - 13 Spring Break
Mar - 16 GINGERBREAD PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 17 CINAMON TOAST/WholeWhe GRAPE JUICE, USW water(ExtraNotReimbursable)	Mar - 18 BANANA BREAD SQUARES APPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 19 TORTILLA CHIPS *WG ORANGE JUICE,USW water(ExtraNotReimbursable)	Mar - 20 GOLDFISH CRACKERS W. G KIWI FRUIT1/2 c. water(ExtraNotReimbursable)
Mar - 23 PITA BREAD CHEESE TOAST TOMATO JUICE water(ExtraNotReimbursable)	Mar - 24 PLAIN MUFFIN PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 25 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)	Mar - 26 GRAHAM CRACKERS,Plain ORANGE JUICE, water(ExtraNotReimbursable)	Mar - 27 BANANA BREAD SQUARES APPLE JUICE,USW water(ExtraNotReimbursable)
Mar - 30 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Mar - 31 WHOLE WHEAT CRACKERS ORANGE JUICE,USW water(ExtraNotReimbursable)			

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