

# ICS Head Start

## BREAKFAST

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 3	Aug - 4	Aug - 5	Aug - 6	Aug - 7
Aug - 10	Aug - 11	Aug - 12	Aug - 13	Aug - 14
Aug - 17 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Aug - 18 CHEERIOS APPLE SAUCE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 19 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 20 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 21 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Aug - 24 CHEERIOS MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 25 RAISIN BREAD APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 26 CHEERIOS DICED PEACHES 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 27 KRISPIX CEREAL APPLESAUCE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Aug - 28 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Aug - 31 QUAKER OAT SQUARE CER BANANA FRUIT 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 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
Aug - 3	Aug - 4	Aug - 5	Aug - 6	Aug - 7
Aug - 10	Aug - 11	Aug - 12	Aug - 13	Aug - 14
Aug - 17 HAM SANDWICH DIRTY POTATOES (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Aug - 18 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Aug - 19 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Aug - 20 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) TOMATO SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Aug - 21 CHICKEN SALAD GREEN PEAS 1/4 cup ORANGE SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Aug - 24 HAM SANDWICH DIRTY POTATOES (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Aug - 25 SPAGHETTI AND MEAT SAU BROCCOLI 1/4 cup APPLE SLICES (1/2 cup) MILK - fat free water(ExtraNotReimburseable)	Aug - 26 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Aug - 27 MACARONI AND CHEESE,1/2 GREEN BEANS, 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Aug - 28 CHICKEN SALAD GREEN PEAS ¼ CUP DICED PEARS ¼ CUP WholeWheatBreadSlice MILK - fat free water(ExtraNotReimbursable)
Aug - 31 HAM SANDWICH PEACHES (1/4 cup) LETTUCE & TOMATO, 1/4 cup SALAD DRESSING, tsp 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 SNACK

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 3	Aug - 4	Aug - 5	Aug - 6	Aug - 7
Aug - 10	Aug - 11	Aug - 12	Aug - 13	Aug - 14
Aug - 17 GOLDFISH CRACKERS W/G WHITE GRAPE JUICE USW water(ExtraNotReimbursable)	Aug - 18 GRAHAM CRACKERS,Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Aug - 19 TORTILLA CHIPS *WG ORANGE JUICE,USW water(ExtraNotReimbursable)	Aug - 20 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)	Aug - 21 PLAIN MUFFIN 1/2 APPLE JUICE,USW water(ExtraNotReimbursable)
Aug - 24 GRAHAM CRACKERS,Plain APPLE JUICE,USW water(ExtraNotReimbursable)	Aug - 25 GOLD FISH CRACKERS WG GRAPE JUICE, USW water(ExtraNotReimbursable)	Aug - 26 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Aug - 27 CINNAMON TORTILLA 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Aug - 28 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)
Aug - 31 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)				

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Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 CHEERIOS APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 2 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 3 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 4 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Sep - 7	Sep - 8 RAISIN BREAD APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 9 CHEERIOS DICED PEACHES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 10 KRISPIX CEREAL APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 11 BRAN FLAKES BANANAS,Slices1/2 cup MILK - fat free water(ExtraNotReimbursable)
Sep - 14 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Sep - 15 CHEERIOS APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 16 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 17 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 18 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Sep - 21 CHEERIOS MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 22 RAISIN BREAD APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 23 QUAKER OATS SQUARES CEREAL MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 24 KRISPIX CEREAL APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 25 BRAN FLAKES BANANAS,Slices 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Sep - 28 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Sep - 29 CHEERIOS APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 30 BRAN FLAKES DICED PEARS 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
	Sep - 1 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Sep - 2 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Sep - 3 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) TOMATO SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Sep - 4 CHICKEN SALAD GREEN PEAS 1/4 cup ORANGE SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Sep - 7	Sep - 8 HAM SANDWICH DIRTY POTATOES (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Sep - 9 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup WATERMELON,Fresh (1/2 cup MILK - fat free water(ExtraNotReimburseable)	Sep - 10 TURKEY AND CHEESE SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Sep - 11 MACARONI AND CHEESE,1/2 GREEN BEANS, 1/4 cup TOMATO Slices1/4cup MILK - fat free water(ExtraNotReimbursable)
Sep - 14 HAM SANDWICH DIRTY POTATOES (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Sep - 15 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Sep - 16 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Sep - 17 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) TOMATO SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Sep - 18 CHICKEN SALAD GREEN PEAS 1/4 cup ORANGE SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Sep - 21 HAM SANDWICH DIRTY POTATOES (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Sep - 22 BEEF PATTY 2.8 OZ LETTUCE/TOMATO ¼ CUP DICED PEARS 1/4 cup WHOLE WHEAT BUN SALAD DRESSING MILK - fat free water(ExtraNotReimburseable)	Sep - 23 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Sep - 24 MACARONI AND CHEESE,1/2 GREEN BEANS, 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Sep - 25 CHICKEN SALAD GREEN PEAS 1/4 cup APPLE SLICES ¼ CUP WholeWheatBreadSlice MILK - fat free water(ExtraNotReimbursable)
Sep - 28 HAM SANDWICH APPLE Slices (1/4 cup) LETTUCE & TOMATO, 1/4 cup SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Sep - 29 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Sep - 30 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)		

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Monday	Tuesday	Wednesday	Thursday	Friday
	Sep - 1 GRAHAM CRACKERS, Plain ORANGE JUICE, USW. water(ExtraNotReimbursable)	Sep - 2 TORTILLA CHIPS *WG WHITE GRAPE JUICE, USW water(ExtraNotReimbursable)	Sep - 3 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)	Sep - 4 PLAIN MUFFIN 1/2 APPLE JUICE, USW water(ExtraNotReimbursable)
Sep - 7	Sep - 8 GRAHAM CRACKERS, Plain ORANGE JUICE, USW water(ExtraNotReimbursable)	Sep - 9 GOLD FISH CRACKERS GRAPE JUICE, USW water(ExtraNotReimbursable)	Sep - 10 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Sep - 11 RAISIN BREAD PINEAPPLE JUICE, USW water(ExtraNotReimbursable)
Sep - 14 GOLDFISH CRACKERS W. WHITE GRAPE JUICE water(ExtraNotReimbursable)	Sep - 15 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Sep - 16 TORTILLA CHIPS *WG ORANGE JUICE, USW water(ExtraNotReimbursable)	Sep - 17 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)	Sep - 18 PLAIN MUFFIN APPLE JUICE, USW water(ExtraNotReimbursable)
Sep - 21 GRAHAM CRACKERS, Plain PINEAPPLE JUICE, USW water(ExtraNotReimbursable)	Sep - 22 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)	Sep - 23 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Sep - 24 PLAIN MUFFIN APPLE JUICE, USW water(ExtraNotReimbursable)	Sep - 25 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)
Sep - 28 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Sep - 29 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Sep - 30 TORTILLA CHIPS *WG PINEAPPLE JUICE, USW water(ExtraNotReimbursable)		

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