

ICS Head Start BREAKFAST

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Raisin Bread MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 2 BRAN FLAKES DICED PEACHES 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Oct - 5 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 6 ALPHA BITS CEREAL APRICOTS (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 7 RAISIN BREAD PEACHES, Canned 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 8 CHEERIOS APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 9 KRISPIX CEREAL MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Oct - 12 RAISIN BREAD BANANAS, Slices1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 13 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	Oct - 14 CHEERIOS APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 15 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 16 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)
Oct - 19 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 20 CHEERIOS APPLESAUCE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 21 RAISIN BREAD APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 22 RICE CRISPIES BANANAS, Sliced 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 23 KRISPIX CEREAL MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Oct - 26 BRAN FLAKES MANDARIN ORANGE, (Canned) MILK - fat free water(ExtraNotReimbursable)	Oct - 27 RICE KRISPIES PEACHES (canned) MILK - fat free water(ExtraNotReimbursable)	Oct - 28 CHEERIOS PINEAPPLE CANNED 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 29 RAISIN BREAD DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Oct - 30 KRISPIX CEREAL BANANA Slices 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
			Oct - 1 GRILLED CHEESE SANDWIC MIXED VEGETABLE PEARS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Oct - 2 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Oct - 5 HAM SANDWICH MIXED VEGETABGLE (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Oct - 6 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)	Oct - 7 TURKEY AND CHEESE SANDWICH BROCCOLI (1/4 cup) PINEAPPLE,Canned MILK - fat free water(ExtraNotReimbursable)	Oct - 8 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) ORANGE SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Oct - 9 CHICKEN SALAD CARROT RAISIN SALAD 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Oct - 12 HAM SANDWICH GREEN PEAS (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Oct - 13 SPAGHETTI AND MEAT SAU BROCCOLI 1/4 cup WATERMELON,Fresh (1/2 cup) MILK - fat free water(ExtraNotReimburseable)	Oct - 14 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Oct - 15 MACARONI AND CHEESE,1/2 GREEN BEANS, 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Oct - 16 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Oct - 19 HAM SANDWICH KIWI Slices (1/4 cup) LETTUCE & TOMATO, 1/4 cup SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Oct - 20 BEEF PATTY 2.8 oz DIRTY POTATOES (1/4 cup) CANTALOUPE Cup 1/4 WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Oct - 21 TURKEY AND CHEESE SANDWICH BROCCOLI PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Oct - 22 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) APPLE SLICES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimburseable)	Oct - 23 CHICKEN SALAD CARROT RAISIN SALAD 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Oct - 26 HAM SANDWICH DIRTY POTATOES (1/4 cup) STRAWBERRY FRUIT CUP 1/ MILK - fat free water(ExtraNotReimbursable)	Oct - 27 SPAGHETTI AND MEAT SAU GREEN PEAS 1/4 cup WATERMELON,Fresh (1/2 cup) MILK - fat free water(ExtraNotReimburseable)	Oct - 28 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE,Canned,1/4 c. MILK - fat free water(ExtraNotReimbursable)	Oct - 29 MACARONI AND CHEESE,1/2 GREEN BEANS, 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Oct - 30 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)

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ICS Head Start SNACK

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Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 WHOLE WHEAT CRACKERS CHEDDAR CHEESE SLICE. water(ExtraNotReimbursable)	Oct - 2 PUMPKIN MUFFIN *WG ORANGE JUICE,USW water(ExtraNotReimbursable)
Oct - 5 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)	Oct - 6 CINNAMON TORTILLA 1/2 APPLE JUICE,USW water(ExtraNotReimbursable)	Oct - 7 GRAHAM CRACKERS,Plain ORANGE JUICE,USW water(ExtraNotReimbursable)	Oct - 8 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)	Oct - 9 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)
Oct - 12 PLAIN MUFFIN PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Oct - 13 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Oct - 14 GRAHAM CRACKERS,Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Oct - 15 CINNAMON TORTILLA,1/2 *WG ORANGE JUICE, USW water(ExtraNotReimbursable)	Oct - 16 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)
Oct - 19 GOLDFISH CRACKERS, WG 1/2 APPLE JUICE,USW water(ExtraNotReimbursable)	Oct - 20 GRAHAM CRACKERS,Plain ORANGE JUICE,USW water(ExtraNotReimbursable)	Oct - 21 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)	Oct - 22 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Oct - 23 PLAIN MUFFIN PINEAPPLE JUICE,USW water(ExtraNotReimbursable)
Oct - 26 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)	Oct - 27 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Oct - 28 WHOLE WHEAT CRACKERS CHEDDAR CHEESE SLICE. water(ExtraNotReimbursable)	Oct - 29 PLAIN MUFFIN *WG PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Oct - 30 GRAHAM CRACKERS,Plain ORANGE JUICE, USW water(ExtraNotReimbursable)

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