

# ICS Head Start BREAKFAST

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2  BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 3  QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 4  RAISIN BREAD APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 5  CORNFLAKES BANANA SLICES, ½ Cup MILK - fat free water(ExtraNotReimbursable)	Nov - 6  CHEERIOS DICED PEACHES, 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 9  RICE CRISPIES ORANGE SLICES,FRESH 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 10  BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 11 Veteran's Day	Nov - 12  QUAKER OAT CEREAL APRICOTS,Canned 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 13  BUTTERED OATMEAL 1/4 cup APPLE SLICES,1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 16  RICE KRISPIES PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 17  CHEERIOS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 18  FRENCH TOAST STICKS APPLE SLICES,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 19  GRITS WITH CHEESE, ¼ CP MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 20  CORNFLAKES BANANA SLICES, ½ CUP MILK - fat free water(ExtraNotReimbursable)
Nov - 23	Nov - 24	Nov - 25	Nov - 26	Nov - 27
Nov - 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

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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# ICS Head Start

## LUNCH

Oct 15, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 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)	Nov - 3 MACARONI AND CHEESE, 1/2 COLLARD GREENS, 1/4 cup ORANGE, Fresh Slices 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 4 HAM SANDWICH GREEN BEANS (1/4 cup) KIWI SLICES FRUIT CUP ¼ CUP MILK - fat free water(ExtraNotReimbursable)	Nov - 5 BAKED CHICKEN TENDERS LIMA BEANS (1/4 cup) HONEY DEW MELON CUP 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Nov - 6 CHICKEN SALAD MIXED VEGETABLE APPLE SLICES, ¼ CUP WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Nov - 9 TURKEY PITA SANDWICH MIXED VEGETABLE TOMATO SLICES, 1/4 c. MILK - fat free water(ExtraNotReimbursable)	Nov - 10 SALISBURY STEAK BROCCOLI, ¼ CUP SCALLOPED POTATOES (1/4 cup) WHOLE WHEAT ROLL MILK - fat free Water(ExtraNotReimbursable)	Nov - 11	Nov - 12 HAM SANDWICH GREEN BEANS MANDARIN ORANGES, Canned, 1/4 c. MILK - fat free water(ExtraNotReimbursable)	Nov - 13 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup CARROTS, CANNED 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Nov - 16 TURKEY AND CHEESE SANDWICH MIXED VEGETABLES (1/4 cup) ORANGE SLICES ¼ CUP MILK - fat free water(ExtraNotReimbursable)	Nov - 17 BBQ RIB PATTY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Nov - 18 SPAGHETTI AND MEATSAUCE BROCCOLI (1/4 cup) MIXED FRUIT CUP 1/4 c. WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 19 GRILLED CHEESE SANDWICH VEGETABLE SOUP (1 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 20 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)
Nov - 23	Nov - 24	Nov - 25	Nov - 26	Nov - 27

Nov - 30 HAM SANDWICH DIRTY POTATOES (1/4 cup) KIWI SLICES FRUIT CUP 1/4 MILK - fat free water(ExtraNotReimbursable)				
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# ICS Head Start SNACK

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 2 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)	Nov - 3 CINNAMON TORTILLA 1/2 APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 4 GRAHAM CRACKERS, Plain ORANGE JUICE, USW water(ExtraNotReimbursable)	Nov - 5 PUMPKIN MUFFIN, WG GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 6 MOZZARELLA CHEESE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)
Nov - 9 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	Nov - 10 PLAIN MUFFIN PINEAPPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 11	Nov - 12 GRAHAM CRACKERS, Plain YOGURT, low-fat 2oz. water(ExtraNotReimbursable)	Nov - 13 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)
Nov - 16 CINNAMON TORTILLA APPLE JUICE, USW water(ExtraNotReimbursable)	Nov - 17 GRAHAM CRACKERS, Plain YOGURT, low-fat 2oz. water(ExtraNotReimbursable)	Nov - 18 GOLDFISH CRACKERS, W.G ORANGE JUICE, USW water(ExtraNotReimbursable)	Nov - 19 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 20 PLAIN MUFFIN PINEAPPLE JUICE, USW water(ExtraNotReimbursable)
Nov - 23	Nov - 24	Nov - 25	Nov - 26	Nov - 27
Nov - 30 RAISIN BREAD APPLE JUICE, USW water(ExtraNotReimbursable)				

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