

Hot Head Start & Pre-K/F2F Breakfast & Lunch Summer Menus 2023 (Cycle A)

*Menus subject to change

Weeks of 6/1, 6/12, 6/26, 7/10, 7/24

Breakfast

	Monday	Tuesday	Wednesday	Thursday/	Friday/
Grains/Bread 1 slice bread, 1 biscuit/roll, ¼c.dry cereal, ¼c. cooked cereal Meat/MA 1oz,1Tbsp	WGR Cheerios Cereal Bowl D 0055	WGR Banana Bread slice (2G) D 0030	WGR Birthday Cake Graham (1G) D 0009	WGR Rice Chex Cereal (1G) D 0032	WGR Blueberry Muffin Top (1G) E 0021
1 Fruit/Veggie ¼c., 100% full strength juice	Strawberry Cup F 0027	Frozen Peach Cup (1/2c Fruit) F 0026	Tangerine (½ c. fruit) F 0045	Diced Pears (½c.) F 0029	Apple Slices (1/2c) F 0004
1 Milk (1c.)	1% Low-fat Milk	1% Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1% Low-fat Milk

Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
1 meat/meat alternative 2oz lean meat, 2oz. cheese, 1 large egg, ¼c. beans, 4 Tbsp. nut butter, 1oz nuts/seeds, 8oz yogurt	WGR Chicken Nuggets (2M, 1G) E 0055L and Dinner Roll (1G) D 0007	WGR Sandwich, Grilled Cheese (2MA, 2G) E 0382L	Hamburger/Cheeseburger on WGR Bun E 0094L/ E 0090L	Chicken Wings (4 each) (1.5M) E 0224L and WGR Garlic Bread Stick (1 each) D 0113	Rotisserie Chicken & Cheese Sandwich E 0653
2 different fruits/veggies 1 fruit + 1 veg., 2 vogs.	Seasoned Fries (½ c. starchy) B 0113	Marinara Dipping Sauce Cup B 0037	Apple Slices (1/2c) F 0004	Coleslaw (½c.) B 0050	Baby Carrots (½ c. red/orange) B 0005 (Steamed for PK and Head Start)
	100% SS Paradise Punch Juice, 4oz F 0057	Diced Pears (½c.) F 0029	100% SS. Orange Juice, 4oz F 0052	Peach Cup (½c.) F 0025	100% SS. Orange Juice, 4oz F 0052
1 grains/breads 1 slice bread, 1 biscuit/roll, ¼c. cook cereal, pasta, or rice	WGR Breaded Nuggets (1oz) WGR Dinner Roll (1oz)	WGR Sandwich (2oz)	WGR Bun (2oz)	WGR Garlic Bread stick (1oz)	WGR Brioche Bun (2oz)
1 Milk (1c.)	1 % Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1% Low-fat Milk
Condiments	Ranch Dressing, ketchup		Mayonnaise, Mustard, Ketchup	Ketchup	Mayonnaise, Mustard

Snack

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread 1 slice bread, 1 biscuit/roll, ¼c.dry cereal, ¼c. cooked cereal <u>Or:</u> M/MA 1oz, 2Tbsp	WGR Bear Grahams D 0070	WGR Birthday Cake Graham D 0009	WGR Cheddar Goldfish D 0071	Vanilla Yogurt Cup (4oz) E 0038	WGR Savory Cracker D 0048
1 Fruit/Veggie	Apple Slices (½c.)	1 % Low-fat Milk	Peach Cup (½c.) F 0025	Strawberry Cup F 0027	1 % Low-fat Milk

½c., 100% full strength juice Or: Milk (1c.)	F 0004				
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Hot Head Start & Pre-K F2F Breakfast & Lunch Summer Menus 2023 (Cycle B)

Weeks of 6/5, 6/19, 7/3, 7/17, 7/31

Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread 1 slice bread, 1 biscuit/roll, ¼c.dry cereal, ½c. cooked cereal M/MA 1oz, 1 Tbsp.	WGR Cheerios Cereal Bowl D 0055	WGR Blueberry Muffin Top (1G) E 0021	WGR Bear Graham(1G) D 0070	WGR Banana Bread Slice (2G) D 0030	WGR Birthday Cake Graham (1G) D 0009
1 Fruit/Veggie ½c., 100% full strength juice	Apple Slices (1/2c) F 0004	Frozen Peach Cup (1/2c Fruit) F 0026	Mango Sorbet (½ c. fruit) F 0059	Tangerine (½ c. fruit) F 0045 or DoD Fresh Fruit	Frozen Peach Cup (1/2c Fruit) F 0026
1 Milk (1c.)	1% Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1% Low-fat Milk

Lunch

	Monday/	Tuesday	Wednesday	Thursday	Friday
1 meat/meat alternative 2oz lean meat, 2oz. cheese, 1 large egg, ¼c. beans, 4 Tbsp. nut butter, 1oz nuts/seeds, 8oz yogurt	WGR Chicken Sandwich E 0041L	Breaded Drumstick with WGR Dinner Roll (2M,2G) E 0246L	WGR 6" Personal Cheese Pizza E 0495	WGR Macaroni & Cheese E 0089L	Chicken Tenders with Dinner Roll E 0103L
2 different fruits/veggies 1 fruit + 1 veg., 2 vegs.	Salsa Cup (½c.) B 0072	Marinara Dipping Sauce Cup (½c.) B 0037	Potato Emoji (1/2c) B 0058	Marinara Sauce (½ c. red/orange) B 0090/ B 0037	Carrot Dippers B 0005 (Steamed for PK and HS)
	Frozen Peach Cup (1/2c Fruit) F 0026	Diced Pears (½c.) F 0029	Apple Slices (½c.) F 0004	Peach Cup F 0026 Or any fresh fruit available	Strawberry Cup (½ c. fruit) F 0027
1 grains/breads 1 slice bread, 1 biscuit/roll, ¼c. cooked cereal, pasta, rice	WGR Wheat Bun (2oz)	WGR Drumstick Breading (0.75oz) WGR Dinner Roll (1oz)	WGR Pizza (5.4oz)	WGR Macaroni (1oz Grain equivalent)	WGR Chicken breading(1oz) WGR Dinner Roll (1.2oz)
1 Milk (1c.)	1 % Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1 % Low-fat Milk	1% Low-fat Milk
Condiments	Ranch, Mayonnaise, Ketchup, Mustard	Ketchup, Ranch	Ketchup, Ranch		Ranch, Ketchup

Snacks

	Monday	Tuesday	Wednesday	Thursday	Friday
Grains/Bread 1 slice bread, 1 biscuit/roll, ¼c.dry cereal, ½c. cooked cereal Or: M/MA 1oz, 2Tbsp	WGR Birthday Cake Grahams (1G) D 0009	WGR Bear Graham (1G) D 0070	WGR Snack Mix Cheddar Chex (1G) D 0086	WGR Goldfish Cheddar (1G) D 0071	WGR Cheez IT Cracker (1G) D 0072

1 Fruit/Veggie ½c., 100% full strength juice Or: Milk (1c.)	<i>Mixed Berry Fruit Cup</i> F 0073	<i>1 % Low-fat Milk</i>	<i>1 % Low-fat Milk</i>	<i>1 % Low-fat Milk</i>	<i>Apple Slices (1/2c)</i> F 0004
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