

**WACOG Head start Programs**

**MENU 2019-2020**

**Menu 1 of 6 Cycle Menu**

**Week:** \_\_\_\_\_

**Menu is subject to change**

Substitutions will be made when fruits and vegetables are in season and available at special prices. Other substitutions will be made from the same group and equal or similar value. Vitamin C rich food is served daily and vitamin A rich food every other day.

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast: 8:00-9:00am</b>	<b>HM Egg &amp; Chz Muffin</b>	<b>Cereal</b>	<b>Cornbread</b>	<b>Raisin Bread</b>	<b>Cereal</b>
Grain/Bread	WGR English Muffin	WGR Cheerios	WGR Cornbread	Bread	WGR KIX
Fruit/Vegetable	Sliced Orange	Strawberries	Guava,Papaya,Pinea	Bananas	Sliced Apples
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Turkey Wrap</b>	<b>HM Chili Mac</b>	<b>HM Minestrone Soup</b>	<b>HM Sloppy Joe</b>	<b>CN Chicken Nuggets</b>
Grain/Bread	WGR Flour Tortilla	WGR Macaroni	WGR Crackers	Slider Bun	WGR Dinner Roll
Meat/Meat Alternative	Turkey/Mozz Chz	Ground beef/Chedd	Beans/Cheddar Chz	Ground Beef/Chedd	Chicken Nuggets
Vegetables	Lett,carrot,spinch,Cabb	Beans	Carrots,Tomato,Potato, On	Baked Beans	Mashed Potatoes
Fruit	Diced Mango	Pineapple Tidbits	Kiwi	Pears	Oran,Canta,HonDew,Pine
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
					Ketchup
<b>PM Snack:</b>					
Select two different	Cucumbers/ranch	Vanilla Yogurt	Celery/Cream Chz	WGR Graham Crackers	Teddy Grahams
Components	Mozz Chz Stick	Diced Peaches	100% White Grape Juice	Whole/1% Milk	Cantaloupe

Whole milk will be provided for children 12-23 months and 1% or skim milk will be provided for all children 24 months and older. Water is offered to children at all times. All juices served are 100% fruit juice. Cereals recommended by the CACFP with 6 grams or less of added sugar are used at our centers. Do not include nuts, grapes or other items small in size to prevent a choking hazard.

**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

Reviewed by: *Janine Clifford-Murphy MS RDN LDN*  
*CDR 624836*

Date: *6-27-19*

*MA License 1757*

**WACOG Head start Programs  
MENU 2019-2020**

**Menu 2 of 6 Cycle Menu**

**Week:** \_\_\_\_\_

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<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast: 8:00-9:00am</b>	<b>CN WGR Stick Pancake</b>	<b>Cereal</b>	<b>Apple Muffin</b>	<b>Granola Yogurt</b>	<b>WGR Bagel</b>
Grain/Bread	WGR Bread	WGR Cinn Toast Crunch	WGR Muffin	WGR Granola	Cinn/Raising Bagel
Fruit/Vegetable	Diced Peaches	Blueberries	Orange,Cant,Hdew,Pin	Bananas	Diced Pears
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
				Strawberry Yogurt	Cream Cheese
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Ham/Chz Sandwich</b>	<b>HM Taco Bowl</b>	<b>HM Chicken Rice Soup</b>	<b>HM BBQ Chicken</b>	<b>HM Open Turkey Sand</b>
Grain/Bread	WGR Sliced Bread	WGR Taco Shell	WGR Brown Rice	Slider Bun	WGR Roll
Meat/Meat Alternative	Ham/Munster Chz	Beef,Beans, Chedd	Diced Chicken	Shredded Chicken	Hot Sliced Turkey
Vegetables	Lettuce, tomatoes	Lettuce/Tomatoes	Celery,carrots,Onions	GrBeans,Peas,Corn,Carrot	Mashed Potatoes
Fruit	Strawberries	Watermelon	Orange Slices	Diced Apples	Cantaloupe
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
		Salsa/Sour Cream		BBQ Sauce	Gravy
<b>PM Snack:</b>					
Select two different	WGR Goldfish Pretzels	WGR Teddy Grahams	Ritz-Bits	WGR Graham Crackers	Cottage Cheese
Components	Mozzarella String Chz	Apple Sauce	Cranberry Juice	Whole/1% Milk	Pineapple Tidbits

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*CDR 627836*  
*MALIC 1757*

Date: 6-27-19

**WACOG Head start Programs  
MENU 2019-2020**

Menu 3 of 6 Cycle Menu

Week: \_\_\_\_\_

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	WGR Egg Patty/Sausage	<b>Cereal</b>	<b>Banana Muffin</b>	<b>WGR English Muffin</b>	<b>Cereal</b>
Grain/Bread	Biscuit	WGR KIX	WGR Muffin	WGR Muffin	WGR Mini Wheat Choc
Fruit/Vegetable	Oran,Cant,Hdew,Pine	Apple Wedges	Blueberries	Blueberries	Diced Pears
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
				Strawberry Cream Cheese	
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Tuna Salad</b>	<b>HM Beefy Chessy Nachos</b>	<b>HM Tortilla Soup</b>	<b>HM Turkey Wrap</b>	<b>CN Cheese Enchiladas</b>
Grain/Bread	WGR Crackers	WGR Corn Chips	WGR Corn Chips	WGR Flour Tortilla	Corn Tortilla
Meat/Meat Alternative	Tuna/Eggs	Ground Beef	Diced Chicken/Chedd	Turkey/Mozzarella	Cheddar Cheese
Vegetables	Cucumbers, Tomatoes	Gr Bean, Carrot, Corn	Roated Corn/Black Beans	Carr, Cabb, Lett, Spina	Pinto Beans
Fruit	Diced Mangoes	Black Berry/Strawb/Blueb	Honey Dew	Mandarin Oranges	Watermelon
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
		Cheese Sauce	Salsa	Ranch	Red Sauce
<b>PM Snack:</b>					
Select two different	Ritz Crackers/Chz	WGR Strawberry Chex	Cheddar String Chz	WGR Granola	WGR Cheez-It
Components	Pineapple Tidbits	Apple Sauce	Broccoli Florettes	Vanilla yogurt	100% Apple Juice
			Ranch		

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 CDR 624836  
 MA Lic 1757

Date: 6-27-2019

**WACOG Head start Programs  
MENU 2019-2020**

**Menu 4 of 6 Cycle Menu**

**Week:** \_\_\_\_\_

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	<b>HM Chz Quesadilla</b>	<b>Blueberry Muffin</b>	<b>Cereal</b>	<b>WGR Corn Bread</b>	<b>WGR Cinnamon Bagel</b>
Grain/Bread	WGR Wheat Tortilla	WGR Muffin	WGR Cheerios	WGR Bread	WGR Bagel
Fruit/Vegetable	Diced Peaches	Apple Sauce	Pineapple Tidbits	Guava,Papaya,Pinea	Blueberries
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
					Cream Cheese
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Turkey Sandwich</b>	<b>HM Bean Tostada</b>	<b>HM Chinese Soup</b>	<b>HM Spaghetti</b>	<b>CN Chicken Tenders</b>
Grain/Bread	WGR Sliced Bread	WGR Corn Tostada	WGR Brown Rice	WGR Pasta	WGR Roll
Meat/Meat Alternative	Turkey/Chdd Chz	Pinto Beans/Colby Chz	Diced Chicken	Ground Beef	Chicken
Vegetables	Letuce/Cucumbers	Lettuce & Tomatoes	Corn,mush,chestnut,Brocc	Lett,Spinach,Cabb,Carr	Baby Green Beans
Fruit	Cantaloupe	Orange Wedges	Mandarin Oranges	Diced Mango	Strawberries
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Mayo	Salsa	Soy Sauce	Marinara Sauce/Ranch	BBQ Sauce
<b>PM Snack:</b>					
Select two different	Strawberry Yogurt	WGR Cheez-It	Sliced Apples	Cottage Cheese	WGR Cheddar Chex
Components	WGR Granola	100% Orange Juice	Vanilla Yogurt	Diced Peaches	Diced Pears

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 MALIC 1757

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**WACOG Head start Programs**

**MENU 2019-2020**

**Menu 5 of 6 Cycle Menu**

**Week:** \_\_\_\_\_

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<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast: 8:00-9:00am</b>	<b>HM Oatmeal</b>	<b>Cereal</b>	<b>Cereal</b>	<b>Cinnamon Raisin Bread</b>	<b>Cereal</b>
Grain/Bread	Oatmeal	WGR Special K	WGR Granola	Bread	WGR Chex Mix
Fruit/Vegetable	Blueberries	Guava, Papaya, Pineapple	Strawberries	Banana	Blueber, Strawbe, BlkBerry
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
			Vanilla Yogurt		
<b>Lunch: 11:00am-1:00pm</b>	<b>Mini Burger</b>	<b>HM Chicken Chowmein</b>	<b>HM Albondigas Soup</b>	<b>CN Fish Burger</b>	<b>HM Ham Sanwich</b>
Grain/Bread	Slider Bun	WGR Noodles	WGR Brown Rice	Slider Bun	WGR Bread
Meat/Meat Alternative	CN Beef Patty/Chdd	Chicken	CN Beef Meatballs	CN Pollack/Chdd Chz	Ham/Chdd Chz
Vegetables	Lettuce/Tomatoes	Cabbage/Carrots	Peas, carrot, cabb, zuch, tom	Lettuce/Tomatoes	Lettuce/Spinach
Fruit	Diced Mango	Sliced Green Apples	Mandarin Oranges	Kiwi	Sliced Apples
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Ketchup/Mayo	Sweet & Sour Sauce		Tartar Sauce	Mayo
<b>PM Snack:</b>					
Select two different	WGR Pretzel	Ritz Bit Chz Crackers	WGR Animal Crackers	WGR Cheddar Goldfish	WGR Graham Cracker
Components	Celery Sticks	100% Apple Juice	Whole/1% Milk	Cranberry Juice 100%	Apple Sauce

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**WACOG Head start Programs  
MENU 2019-2020**

**Menu 6 of 6 Cycle Menu**

**Week:** \_\_\_\_\_

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<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast: 8:00-9:00am</b>	<b>HM Cream of Wheat</b>	<b>Apple Muffin</b>	<b>Cereal</b>	<b>Bagel</b>	<b>Cereal</b>
Grain/Bread	Wheat	WGR Muffin	WGR Mini Wheats	WGR Bagel	Special K
Fruit/Vegetable	Blueberries	Cantaloupe	Pineapple Tidbits	Banana	Sliced Peaches
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
				Apple Butter	
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Chicken w/Quinoa</b>	<b>CN Meat Loaf</b>	<b>HM White Tortilla Soup</b>	<b>HM Steak Soft Taco</b>	<b>HM Chicken Salad</b>
Grain/Bread	WGR Quinoa	WGR Dinner Roll	WGR Corn Chip	WGR Flour Tortilla	WGR Sliced Bread
Meat/Meat Alternative	Diced Chicken	CN Beef	Turkey & Mozz Chz	Beef Steak	Diced Chicken
Vegetables	Peppers,Asparagus,Tom	Carr,Bean,Sweet Peas	Great Northern Beans	Corn,Bell Pep,Zuch,Onion	Celery,Spinach,Romain
Fruit	Dice Peaches	Diced Mango	Honey Dew	Guava,Pineap,Papay	Diced Green Apples
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
			Salsa	Guaca/Salsa	Greek Yogurt/Tzatziki Sauc
<b>PM Snack:</b>					
Select two different	WGR Granola	Baby Carrots	WGR Cheddar Chex	WGR Teddy Grahams	WGR Crackers
Components	Peach Yogurt	Mozz Chz Stick	100% White Grape Juice	Whole/1% Milk	Provolone Chz
		Ranch			

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