

**WACOG Head start Programs  
MENU 2021-2022**

**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.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	CN Egg/turkey sausage	Cereal	Cornbread	Cinnamon Bagel	Cereal
Grain/Bread	WGR Bread Slice	WGR Cheerios	Cornbread	Cinnamon Bagel	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
				LF cream Cheese	
<b>Lunch: 11:00am-1:00pm</b>	CN Chicken Nuggets	HM Sloppy Joe	HM Beef Albondigas	CN Chicken Burger	HM Turkey Wrap
Grain/Bread	WGR Roll	Slider Bun	Brown Rice	Slider Bun	WGR flour tortilla
Meat/Meat Alternative	Chicken	Ground beef/Chedd	Ground Beef	Chicken/Ched Chz	Turkey/Mozz Chz
Vegetables	Mashed Potatoes	Corn	Carrots, Gr beans, Corn, Cabb	Lettuce, Tomato	Lett, Carr, Spin, Cabb
Fruit	Diced Mango	Pears	Kiwi	Pineapple tidbits	Oran, Canta, HonDew, Pine
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Ketchup			Mayo	LF Ranch Dressing
<b>PM Snack:</b>					
Select two different	Cucumbers/ranch	Vanilla Yogurt	Pretzel	WGR Graham Crackers	WGR Teddy Grahams
Components	Mozz Chz Stick	WGR Granola	Sunflower Butter	Whole/1% Milk	Cherry applesauce
			100% White Grape Juice		

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:** Jessie C. Murphy, RDN, LDN  
CDR 624836  
MA LIC 1757

**Date:** 7/19/21

**WACOG Head start Programs  
MENU 2021-2022**

Menu is subject to change

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

**Menu 2 of 6 Cycle Menu**

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.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	<b>CN Egg w/Avocado</b>	<b>Cereal</b>	<b>Apple Muffin</b>	<b>Granola Yogurt</b>	<b>Bagel</b>
Grain/Bread	WGR Bread	RS Cinn Toast Crunch	WGR Muffin	WGR Granola	Cinn/Raisin Bagel
Fruit/Vegetable	Mandarin Oranges	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 Chicken Soft Taco</b>	<b>Grilled Cheese</b>	<b>HM Chicken Alfredo</b>	<b>HM Open Turkey Sand</b>
Grain/Bread	WGR Sliced Bread	WGR Flour Tortilla	WGR Bread	WGR Penne pasta	WGR Roll
Meat/Meat Alternative	Ham/Munster Chz	Chicken/Ched Chz	Cheddar Cheese	Chicken/Mozz chz	Hot Sliced Turkey
Vegetables	Lettuce, tomatoes	Lettuce/Tomatoes	Tomato soup/corn	Brocc,Carrot,Cauliflower	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
	Mayo	Salsa/Sour Cream			Gravy
<b>PM Snack:</b>					
Select two different	WGR Goldfish Pretzels	WGR Teddy Grahams	WGR Cheddar Chex	Animal Crackers	Cottage Cheese
Components	Mozzarella String Chz	Peach apple Sauce	100% Orange Juice	Whole/1% Milk	Pineapple Tidbits

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Reviewed by: Jessie C Murphy RDN, LDN Date: 7/14/21

CDR 624836

MA LIC 1757

**WACOG Head start Programs  
MENU 2021-2022**

**Menu 3 of 6 Cycle Menu**

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

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	<b>CN Turkey Patty</b>	<b>Cereal</b>	<b>Banana Muffin</b>	<b>Granola Cereal</b>	<b>Cereal</b>
Grain/Bread	Biscuit	WGR KIX	WGR Muffin	WGR Granola	WGR Mini Wheat Choc
Fruit/Vegetable	Orange Slices	Diced Mango	Blueberries	Peaches	Diced Pears
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Gravy				
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Tuna Salad</b>	<b>HM Beefy Cheesy Nachos</b>	<b>HM Chk rice Soup</b>	<b>HM Chicken Salad</b>	<b>CN Cheese Enchiladas</b>
Grain/Bread	WGR Crackers	WGR Corn Chips	WGR Brown rice	WGR Crackers	Corn Tortilla
Meat/Meat Alternative	Tuna/Eggs	Ground Beef	Diced Chicken	CN Grilled Chicken	Beans/Cheddar Chz
Vegetables	Baby carrots	Green Beans	Gr bn,carro,corn,pota,zucc	Tomato,Red & Green Chard	Lettuce
Fruit	Sliced apples	Black Berry/Strawb/Blueb	Honey Dew	Guava,Papay,Pineap	Watermelon
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Mayo	Cheese Sauce		Ranch dressing	Red Sauce
<b>PM Snack:</b>					
Select two different	WGR Cheddar Chex	WGR Strawberry Chex	Hard Boil Egg	WGR Graham Crackers	WGR Cheez-It
Components	Pineapple Tidbits	Apple Sauce	WGR Crackers	Sunflower Butter	100% Apple Juice

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CDR 624836

MA LIC 1757

Date: 7/19/21

**WACOG Head start Programs  
MENU 2021-2022**

**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>WGR Pancake on Stick</b>	<b>Blueberry Muffin</b>	<b>Cereal</b>	<b>Corn Bread</b>	<b>Cinnamon Bagel</b>
Grain/Bread	WGR Pancake	WGR Muffin	WGR Rice Chex	WGR Bread	Bagel
Fruit/Vegetable	Strawberry App sauc	Diced Pears	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>CN WGR Sausage Pizza</b>	<b>HM Bean Tostada</b>	<b>HM Turkey Sandwich</b>	<b>HM Spaghetti</b>	<b>CN WGR Chk Tenders</b>
Grain/Bread	Pizza Bread	Corn Tostada	WGR Bread Slice	WGR Pasta	WGR Roll
Meat/Meat Alternative	Pork/Mozz Chz	Pinto Beans/Colby Chz	Turkey/Provolone	Ground Beef	Chicken
Vegetables	Lettuce, Carrot, Rd Cabb	Lettuce & Tomatoes	Lettuce, Tomato	Lett, Spinach, Cabb, Carr	Baby Green Beans
Fruit	Cantaloupe	Orange Wedges	Watermelon	Diced Mango	Strawberries
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
		Salsa	Mayo/Mustard	Marinara Sauce/Ranch	BBQ Sauce
<b>PM Snack:</b>					
Select two different	Strawbe/Banana Yogurt	WGR Cheez-It	Pita Bread	Cottage Cheese	WGR Cheddar Chex
Components	WGR Granola	100% Orange Juice	Hummus	Diced Peaches	Diced Pears

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Reviewed by: Jessie C. Murphy RDN, LSN

CR 624836

MACIC 1757

Date: 7/19/20

**WACOG Head start Programs  
MENU 2021-2022**

**Menu 5 of 6 Cycle Menu**

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

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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.

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	HM Oatmeal	Cereal	Cereal	Cinnamon Raisin Bread	Cereal
Grain/Bread	Oatmeal	Special K	WGR Granola	Bread	WGR Chex Mix
Fruit/Vegetable	Blueberries	Strawberries	Peaches	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>	Mini Burger	HM Fish Taco	HM Chilli Beans	HM Mac & Chz	HM Ham Sandwich
Grain/Bread	Slider Bun	WGR Flour Tortilla	WGR Crackers	WGR Pasta	WGR Bread
Meat/Meat Alternative	CN Beef Patty/Chdd	CN Pollock Fish	Ground Beef/Ched Chz	Ham/Cheddar Chz	Ham/Chdd Chz
Vegetables	Lettuce/Tomatoes	Coleslaw, Cabbage	Kidney Beans/Tomato	Cooked Broccoli	Lettuce/Spinach
Fruit	Diced Mango	Guava, Pineap, Papay	Oranges	Kiwi	Sliced Apples
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
	Ketchup/Mayo	Salsa/Lemon Juice	Sourcream		Mayo
<b>PM Snack:</b>					
Select two different	WGR Pretzel	Cucumber	Cottage Chz	WGR Cheddar Golfish	WGR Graham Cracker
Components	Orange Slices	Mozz chz stick	Peaches	Orange Juice	Apple Sauce
		Ranch			

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Reviewed by: Jessica C. Murphy PDN, LBN  
 CDR 624836  
 MA LIC 1757

Date: 7/19/21



**WACOG Head start Programs  
MENU 2021-2022**

**Menu 6 of 6 Cycle Menu**

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

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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast: 8:00-9:00am</b>	<b>CN Egg/Sau Burrito</b>	<b>English Muffin</b>	<b>Cornbread</b>	<b>Boiled Egg</b>	<b>Cereal</b>
Grain/Bread	WGR Tortilla	WGR Muffin	Cornbread	WGR Sliced Bread	Special K
Fruit/Vegetable	Pine, orange, H Dew	Apple Sauce	Pineapple Tidbits	Blueberries	Sliced Peaches
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
		Sunflower Butter		Mayo/salt/pepper	
<b>Lunch: 11:00am-1:00pm</b>	<b>HM Chicken Curry</b>	<b>CN Meat Loaf</b>	<b>HM White Tortilla Soup</b>	<b>HM Fish Sandwich</b>	<b>HM Chicken Salad</b>
Grain/Bread	WGR Brown Rice	WGR Dinner Roll	WGR Corn Chip	WGR Slide Bun	WGR Sliced Bread
Meat/Meat Alternative	Chicken	CN Beef	Chicken & Mozz Chz	Pollock Fish/Ched Chz	Diced Chicken
Vegetables	Peas & Carrots	Corn, Mashed Potatoes	Great Northern Beans	Lettuce & Tomato	Celery, Spinach, Romain
Fruit	Pine, Peach, Pears	Diced Mango	Mandarine Oranges	Peaches	Diced Green Apples
Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
		Brown Gravy	Salsa	Tartar Sauce	Greek Yogurt/Tzatziki Sauc
<b>PM Snack:</b>					
Select two different	Sliced Cucumber	WGR Cheerios Cereal	WGR Strawberries Chex	Sliced Apples	WGR Crackers
Components	Cheddar Chz Stick	1% Milk	100% White Grape Juice	Vanilla Yogurt	Provolone Chz
	Ranch				

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Reviewed by: Janeice Clifford Murphy RDN L DN  
 CDR 624836  
 MAC 1757

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