

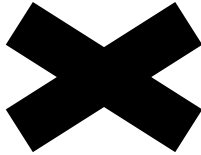
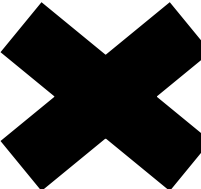
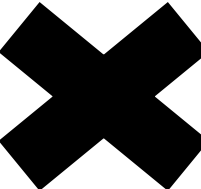
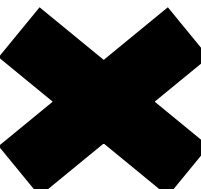
Knoxville-Knox County Head Start Early Menu

Week 1

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Week of

Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Blueberry Chocolate Chip Waffle Banana Milk Syrup	WGR Blueberry Muffin Apricot Halves(Diced) Milk	Upstate Farms Vanilla Yogurt WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice Milk	Cheddar Cheese Slice WW Toast Diced Cantaloupe Milk Margarine/Jelly	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken and Bowtie Noodles (Recipe on File) Peas Strawberries(Diced) Milk	WGR Cheese Pizza Green Beans Crushed Pineapple Milk	Cheeseburger WGR Bun Zucchini Fries Diced Pears Milk Ketchup	White Chicken Chili WW Crackers Cooked Broccoli Blackberries (cut in ½) Milk Ranch	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WW Crackers Milk Guacamole Dip	WW Bagel Blueberries (cut in ½) Water Cream Cheese	WGR Graham Crackers Applesauce Water	String Cheese WGR Animal Crackers Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item

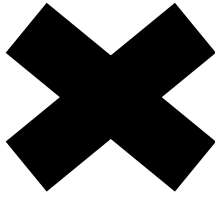
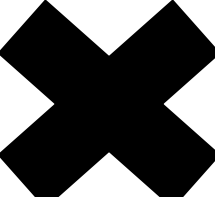
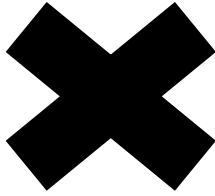
Knoxville-Knox County Head Start Early Menu

Week 2

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
			AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1 oz.	BREAKFAST	Oatmeal Blueberries (cut in ½) Milk	Turkey Sausage Patty Biscuit Diced Honeydew Milk Jelly	Hard-Boiled Egg (Diced) WG Cheerios Grape Juice Milk	WGR French Toast Sticks Strawberries (diced) Milk Syrup		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Breaded Chicken Breast WGR Bun Corn Raspberries (cut in ½) Milk Honey Mustard	Meatball Sub (Diced) (Recipe on File) WW Hot Dog Buns French Fries Mandarin Oranges Milk Provolone Cheese/Ketchup	Deli Turkey and Cheddar Cheese WGR Croissant Cooked Broccoli Mandarin Oranges Milk Mustard/Ranch	Taco Soup (Recipe on File) Cornbread Diced Watermelon Milk Shredded Cheese		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Veggie Crackers Applesauce Water	Deli Turkey (Rolled Up) WW Crackers Water	Upstate Farms Assorted Yogurt WGR Mixed Berry Animal Crackers Water	WGR Cheez Its 100% Vegetable Juice		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item

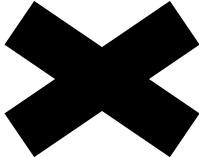
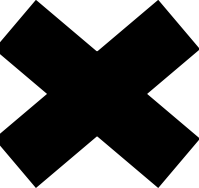
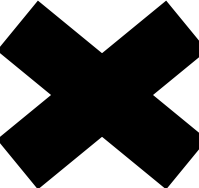
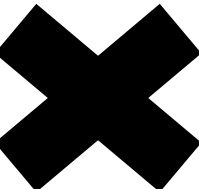
Knoxville-Knox County Head Start Early Menu

Week 3

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
			AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	BREAKFAST	WW Bagel Raspberries (cut in ½) Milk Cream Cheese	WGR Breakfast Sausage Pizza Diced Honeydew Milk	Hard-Boiled Egg (Diced) WG Cheerios Orange Juice Milk	Cheese Omelet Diced Pears Hash Brown Milk Ketchup		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Pork Chops WGR Roll Baked Sweet Potato Strawberries (Diced) Milk Margarine	Beef Tacos WGR Tortilla Black Beans Mango Slices (Diced) Milk Shredded Cheese	Extra Shredded Cheese Macaroni and Cheese Roasted Broccoli and Cauliflower Applesauce Milk	Chicken Nuggets WGR Roll Cooked Diced Carrots Crushed Pineapple Milk BBQ		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	Soft Pretzel Milk Cheese Dip	WW Cracker Diced Cucumber Water Ranch	Upstate Farms Assorted Yogurt WGR Granola Crispies Water	WGR Strawberry Chex Diced Peaches Water		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item

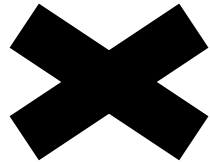

Knoxville-Knox County Head Start Early Menu

Week 4

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
			AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Blueberry Chocolate Chip Waffle Diced Peaches Milk Syrup	Cream of Wheat Blueberries Milk	Upstate Farms Vanilla Yogurt WGR Granola Mixed Berries Milk	Scrambled Eggs Cinnamon Raisin Toast Diced Cantaloupe Milk Jelly		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Alfredo (Recipe on File) Green Beans Blackberries (Cut in ½) Milk	Taco Boat-Ground Beef (Recipe on File) WW Crackers Sweet Potato Fries Apricot Halves (Diced) Milk Ketchup	Chicken Crispito Fiesta Rice Refried Beans Diced Papaya Milk	Turkey Roll Ups WGR Tortilla Diced Cucumbers Mandarin Oranges Milk Ranch/Mustard		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Blueberry Muffin Banana Water	String Cheese WGR Graham Cracker Water	WGR Veggie Crackers Mandarin Oranges Water	WGR Breadstick Milk Marinara Sauce		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item

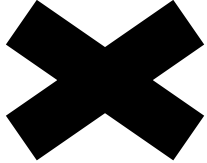
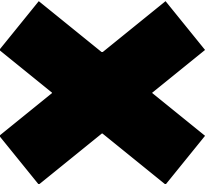
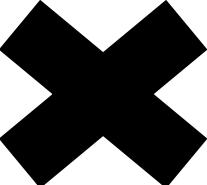
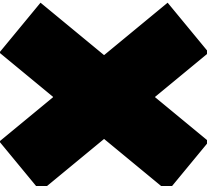
Knoxville-Knox County Head Start Early Menu

Week 5

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Week of

Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Pancakes Baked Cinnamon Apples (Diced) Milk Syrup	Turkey Sausage Patty WW English Muffin Diced Papaya Milk Margarine/Honey	Hard-Boiled Egg(Diced) WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice Milk	Upstate Assorted Yogurt WGR Granola Raspberries (cut in ½) Milk	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	WW Spaghetti with Meat Sauce Peas Strawberries (Diced) Milk Shredded Mozzarella	Pepperoni WW Bagel Marinara/Cooked Carrots Diced Watermelon Milk Shredded Mozzarella	Chicken Tenders WGR Garlic Bread Hominy Apricot Halves (Diced) Milk BBQ Sauce	Turkey Sausage WGR French Toast Hash Brown Blackberries (Cut in ½) Milk Syrup/Ketchup	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	String Cheese WW Crackers Water	Soft Pretzels Water Hummus	WGR Cheddar Chex 100% Vegetable Juice	WGR Graham Crackers Applesauce Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item

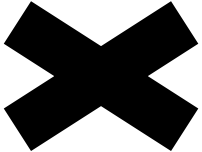
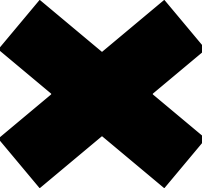
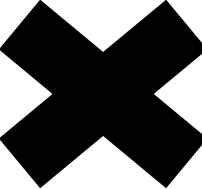
Knoxville-Knox County Head Start Early Menu

Week 6

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
			AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	BREAKFAST	Oatmeal Banana Milk	Cheese Omelet WW Toast Diced Pears Milk Margarine/Jelly	Upstate Farms Vanilla Yogurt WGR Rice Crisp Cereal Orange Juice Milk	Turkey Sausage Patty Biscuit Diced Papaya Milk Honey/Margarine		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Fish Nugget Hush Puppies Cooked Carrots Diced Peaches Milk Ketchup	Chicken Fajitas (Recipe on File) WGR Tortilla Black Beans Mango Slices (Diced) Milk Salsa/Shredded Cheese	Lasagna Green Beans Diced Pears Milk	Chicken Tenderloins and WGR Waffle Sweet Potato Fries Applesauce Milk Maple Blackberry Glaze		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	Upstate Assorted Yogurt WGR Granola Milk	WGR Goldfish Apricot Slices (Diced) Water	WGR Mixed Berry Animal Crackers Crushed Pineapple Water	WGR Cheez Its Strawberries (Diced) Water		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item