





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 Muffin Diced Pears Milk	Chicken Patty (cut up) WGR Waffle Blackberries (cut in ½) Milk Syrup	Hard Boiled Egg WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice Milk	WW Toast Blueberries Avocado/Sliced Tomato Milk	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Nuggets (cut up) Macaroni and Cheese Peas Applesauce Milk BBQ Sauce	Meatloaf w/ Brown Sugar Glaze WGR Roll Mashed Potatoes Green Beans Milk	Turkey and Cheddar Cheese WW Tortilla Diced Cucumbers Mandarin Oranges Milk Ranch/Mustard	White Chicken Chili WW Crackers Cooked Broccoli Strawberries (diced) 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 Goldfish Mixed Fruit Cup Water	Chobani Assorted Greek Yogurt Soft Pretzel Water Hummus	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

Children will receive whole milk starting at 1 year of age. Children 2 years old and older will receive 1% milk.



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	
Meat/Meat Alt	1 oz.	BREAKFAST	Honey & Cinnamon Cottage Cheese Oatmeal Diced Peaches Milk	WGR Mini Chocolate Chip French Toast Crushed Pineapple Milk Syrup	Cheese Omelet (diced) Cheerios Grape Juice Milk	Turkey Sausage (diced) Biscuit Banana Milk Jelly		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Extra Shredded Cheese Macaroni and Cheese Steamed Broccoli Raspberries Milk	Scrambled Eggs Croissant Rosemary Diced Potatoes Diced Honeydew (small) Milk Margarine/Jelly	Breaded Chicken Breast (diced) WG Bun Cooked Carrots Diced Pears Milk Honey Mustard	Ground Beef WW Tortilla Black Beans Diced Mangoes (small) Milk Salsa/Shredded Cheese/Sour Cream		
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	Chobani Assorted Greek Yogurt WGR Cinnamon Toast Crunch (Reduced Sugar) Water	WGR Banana Muffin Mandarin Oranges Cup Water	Hard Boiled Egg Apricot Halves Water		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

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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	WGR Breakfast Sausage Pizza Diced Cantaloupe (small) Milk	Scrambled Eggs Applesauce Hash Brown Milk Ketchup	Upstate Farms Vanilla Yogurt WG Rice Krispies Mixed Berries Milk	WGR Mini Pancakes Blackberries (cut in ½) Milk Syrup	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Cheeseburger (diced) WW Bun French Fries Diced Watermelon (small) Milk Ketchup	WGR Cheese Stuffed Sticks (1) Sweet Red Pepper Strips Blueberries Milk Ranch/Marinara Sauce	Chicken Tenders (diced) Veggie Pasta Salad (Recipe on File) Diced Pears Milk BBQ Sauce	Salmon Patty (diced) Brown Rice Steamed Broccoli Crushed Pineapple Milk Orange Sauce	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WG Bagel Diced Peaches Cup Water Cream Cheese	WGR Strawberry Chex Mandarin Oranges Water	WGR Goldfish Diced Cucumber Water Ranch	WGR Mixed Berry Animal Crackers 100% Strawberry, Mango Slushie 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.

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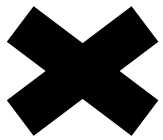



Knoxville-Knox County Head Start Early Menu

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 Mini Waffles Strawberries (diced) Milk Syrup	Cream of Wheat Diced Peaches Milk	Chobani Assorted Greek Yogurt WG Kix Apple Juice Milk	Refried Beans with Shredded Cheese WW Tortilla Diced Mangoes (small) Milk Salsa/Guacamole		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Meatball Sub (diced) with Provolone Hawaiian Rolls Cooked Carrots Diced Honeydew (small) Milk	Turkey Sausage (1) WGR Chocolate Chip French Toast Sticks Hashbrowns Blueberries Milk	Grilled Cheese on WW Toast Tomato Soup Mandarin Oranges Milk	Chicken Alfredo Penne Noodles Green Beans Banana Milk		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Granola Crispies Applesauce Cup Water	Croissant Pineapple Crushed Water Jelly	WGR Cheez Its Mixed Fruit Cup Water	WGR Cheese Stuffed Sticks (1) Milk Marinara		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

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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	Turkey Sausage (cut up) WG Grits and Cheese Raspberries Milk	WGR Banana Muffin Diced Peaches Milk	Hard Boiled Egg WG Cinnamon Chex Orange Juice Milk	Scrambled Eggs WG Bagel Diced Cantaloupe (small) Milk Strawberry Cream Cheese		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Sloppy Joes Hawaiian Rolls Roasted Root Vegetables Diced Watermelon (small) Milk	Popcorn Chicken Biscuit Corn Apricot Halves (diced) Milk Honey Mustard	WGR Cheese Pizza Diced Cucumber Diced Mangoes (small) Milk Ranch	Chicken Terriyaki Brown Rice Steamed Catalina Vegetables Crushed Pineapple Milk Teriyaki Sauce		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Animal Crackers 100% Strawberry Mango Slushie Water	String Cheese WW Crackers Water	WGR Graham Crackers Diced Pears Water	Soft Pretzel Milk Hummus		
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

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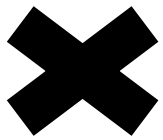



Knoxville-Knox County Head Start Early Menu

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	WGR Breakfast Sausage Pizza Banana Milk	WGR Blueberry Mini Waffles Raspberries Milk Syrup	Chobani Assorted Greek Yogurt Rice Krispies Mixed Berries Milk	Turkey Sausage Patty (diced) Croissant Blackberries (cut in ½) Milk Apple Butter	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Spaghetti with Meat Sauce Green Beans Strawberries (diced) Milk	Turkey Chili Mac (Recipe on File) Roasted Cauliflower Diced Honeydew (small) Milk	Black Bean Burger (diced) WG Bun Tater Tots Mandarin Oranges Milk Ketchup	Fajita Chicken WW Tortilla Refried Beans with Cheese Apricot Halves (diced) Milk Shredded Cheese/Salsa	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	Sliced Cheese WW Carr’s Crackers Water	WGR Cheez Its Mangoes (diced) Water	WGR Granola Crispies Applesauce Cup Water	WGR Strawberry Chex Diced Peaches Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

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