

**Knoxville-Knox County Head Start
Preschool Menu**

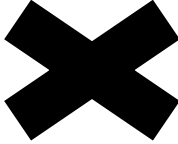



Week 1

Child Care Center(s) Claxton, Anderson, East II, LT Ross, North Ridge Crossing, Western Heights

Week of

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

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

| 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 | 1.5 oz. | BREAKFAST | WGR Blueberry Muffin Diced Pears 1% Milk | Chicken Patty WGR Waffle Blackberries 1% Milk Syrup | Hard Boiled Egg WGR Cinnamon Toast Crunch Cereal (Reduced Sugar) Apple Juice 1% Milk | WW Toast Blueberries Avocado/Sliced Tomato 1% Milk |  |
| Grains | ½ | | | | | | |
| Fruit | serv. | | | | | | |
| Veggie | ½ c. | | | | | | |
| Milk | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | 1.5 oz. | LUNCH | Chicken Nuggets Macaroni and Cheese Peas Apple Slices 1% Milk BBQ Sauce | Meatloaf with Brown Sugar Glaze WGR Roll Mashed Potatoes Green Beans 1% Milk | Turkey and Cheddar Cheese WW Tortilla Sliced Cucumber Orange Wedges 1% Milk Ranch/Mustard | White Chicken Chili WW Crackers Fresh Broccoli Strawberries 1% Milk Ranch/Shredded Cheese |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Milk | ¼ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Goldfish Mixed Fruit Cup Water | WGR Pretzels Carrot Sticks Water Hummus | WGR Graham Crackers Applesauce Water | String Cheese WGR Animal Crackers Water |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |

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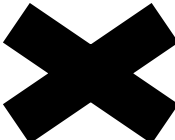


Week 2

Child Care Center(s) Claxton, Anderson, East II, LT Ross, North Ridge Crossing, Western Heights

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

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

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 | 1.5 oz. | BREAKFAST | Honey & Cinnamon Cottage Cheese Oatmeal Diced Peaches 1% Milk | WGR Mini Chocolate Chip French Toast Pineapple Tidbits 1% Milk Syrup | Cheese Omelet WG Cheerios Grape Juice 1% Milk | Turkey Sausage Patty Biscuit Banana 1% Milk Margarine/Jelly |  |
| Grains | ½ | | | | | | |
| Fruit | serv. | | | | | | |
| Veggie | ½ c. | | | | | | |
| Milk | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | 1.5 oz. | LUNCH | Extra Shredded Cheese Macaroni and Cheese Tossed Salad Raspberries 1% Milk Ranch/Diced Tomatoes | Scrambled Eggs Croissant Rosemary Diced Potatoes Diced Honeydew 1% Milk Margarine/Jelly | Breaded Chicken Breast WG Bun Cooked Carrots Tropical Fruit Cocktail 1% Milk Honey Mustard | Ground Beef Nachos WGR Sun Chips Black Beans Diced Mangoes 1% Milk Salsa, Shredded Cheese, Sour Cream |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Milk | ¼ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Sun Chips Milk Guacamole | Chobani Assorted Greek Yogurt WGR Cinnamon Toast Crunch (Reduced Sugar) Water | WGR Banana Muffin Mandarin Oranges Water | Sunflower Seeds Apricot Halves Water |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |

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Week 3

Child Care Center(s) Claxton, Anderson, East II, LT Ross, North Ridge Crossing, Western Heights

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

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

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 | 1.5 oz. | BREAKFAST | WGR Breakfast Sausage Pizza Diced Cantaloupe 1% Milk | Scrambled Eggs Sliced Apples Hash Brown 1% Milk Ketchup | Upstate Farms Vanilla Yogurt WW Frosted Mini Wheats Mixed Berries 1% Milk | WGR Mini Pancakes Blackberries 1% Milk Syrup |  |
| Grains | ½ | | | | | | |
| Fruit | serv. | | | | | | |
| Veggie | ½ c. | | | | | | |
| Milk | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | 1.5 oz. | LUNCH | Cheeseburger WG Bun French Fries Diced Watermelon 1% Milk Ketchup | WGR Cheese Stuffed Sticks(2) Sweet Red Pepper Strips Blueberries 1% Milk Ranch/Marinara Sauce | Chicken Tenders Veggie Pasta Salad (Recipe on File) Diced Pears 1% Milk BBQ Sauce | Salmon Patty Brown Rice Steamed Broccoli Diced Pineapple 1% Milk Orange Sauce |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Milk | ¼ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WG Bagel Diced Peaches Cup Water Cream Cheese | WGR Strawberry Chex Mandarin Oranges Cup Water | WGR Goldfish Sliced Cucumber Water Ranch | WGR Mixed Berry Animal Crackers 100% Strawberry, Mango Slushie Water |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |

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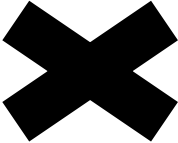



Week 4

Child Care Center(s) Claxton, Anderson, East II, LT Ross, North Ridge Crossing, Western Heights

Week of

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

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

| 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 | 1.5 oz. | BREAKFAST | WGR Blueberry Mini Waffles Strawberries 1% Milk Syrup | Cream of Wheat Diced Peaches 1% Milk | Chobani Assorted Greek Yogurt WG Kix Apple Juice 1% Milk | Refried Beans with Shredded Cheese WW Tortilla Diced Mangoes 1% Milk Salsa/Guacamole Dip |  |
| Grains | ½ | | | | | | |
| Fruit | serv. | | | | | | |
| Veggie | ½ c. | | | | | | |
| Milk | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | 1.5 oz. | LUNCH | Meatball Sub with Provolone Hawaiian Rolls Fresh Carrot Sticks Diced Honeydew 1% Milk Ranch | Turkey Sausage (2) WGR Chocolate Chip French Toast Hashbrowns Blueberries 1% Milk Syrup | Grilled Cheese on WW Toast Tomato Soup Orange Wedges 1% Milk | Chicken Alfredo Penne Noodles Green Beans Banana 1% Milk |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Milk | ¼ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Granola Crispies Applesauce Cup Water | Croissant Sliced Apples Water Jelly | WGR Cheez Its Fresh Broccoli Water Ranch | WGR Cheese Stuffed Sticks (1) Milk Marinara |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |

**Knoxville-Knox County Head Start
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Week 5

Child Care Center(s) Claxton, Anderson, East II, LT Ross, North Ridge Crossing, Western Heights

Week of February 26th, 2024

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

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

| 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 | 1.5 oz. | BREAKFAST | Turkey Bacon WG Grits and Cheese Raspberries 1% Milk | WGR Banana Muffin Tropical Fruit Cocktail 1% Milk | Hard Boiled Egg WG Cinnamon Chex Orange Juice 1% Milk | Scrambled Eggs WW Bagel Diced Cantaloupe 1% Milk Strawberry Cream Cheese |  |
| Grains | ½ | | | | | | |
| Fruit | serv. | | | | | | |
| Veggie | ½ c. | | | | | | |
| Milk | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | 1.5 oz. | LUNCH | Sloppy Joes Hawaiian Rolls Roasted Root Vegetables Diced Watermelon 1% Milk | Popcorn Chicken Biscuit Corn Apricot Halves 1% Milk Honey Mustard | WGR Cheese Pizza Sliced Cucumber Diced Mangoes 1% Milk Ranch | Chicken Teriyaki Brown Rice Steamed Catalina Vegetables Diced Fresh Pineapple 1% Milk Teriyaki Sauce |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Milk | ¼ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Animal Crackers 100% Strawberry Mango Slushie Water | WW Crackers Carrot Sticks Water Ranch | WGR Graham Crackers Diced Pears Water | WGR Pretzels Milk Hummus |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | ½ c. | | | | | | |
| Condiment | 6 oz. | | | | | | |

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Preschool Menu**

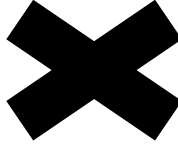



Week 6

Child Care Center(s) Claxton, Anderson, East II, LT Ross, North Ridge Crossing, Western Heights

Week of

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

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| 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 | 1.5 oz. | BREAKFAST | WGR Breakfast Sausage | WGR Blueberry Mini Waffles Raspberries 1% Milk Syrup | Chobani Assorted Greek Yogurt Rice Krispies Mixed Berries 1% Milk | Turkey Sausage Patty Croissant Blackberries 1% Milk Apple Butter |  |
| Grains | ½ | | Pizza | | | | |
| Fruit | serv. | | Banana | | | | |
| Veggie | ½ c. | | | | | | |
| Milk | ½ c. | | 1% Milk | | | | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | 1.5 oz. | LUNCH | Spaghetti with Meat Sauce | Turkey Chili Mac (Recipe on File) | Black Bean Burger WG Bun | Fajita Chicken WW Tortilla |  |
| Grains | ½ | | Tossed Salad | Roasted Cauliflower | Tater Tots | Refried Beans with Cheese | |
| Vegetable | serv. | | Strawberries | Diced Honeydew | Orange Wedges | Apricot Halves | |
| Fruit | ¼ c. | | 1% Milk | 1% Milk | 1% Milk | 1% Milk | |
| Milk | ¼ c. | | Shredded Cheese | | Ketchup | Shredded Cheese/Salsa | |
| Condiment | 6 oz. | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Sun Chips | Sunflower Seeds WGR Cheez Its | WGR Granola Crispies | WGR Strawberry Chex Mix |  |
| Grains | ½ | | | | | | |
| Vegetable | serv. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | ½ c. | | Milk | Water | Applesauce Cups Water | Diced Peaches Cup Water | |
| Condiment | 6 oz. | | Salsa | | | | |