

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
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Blueberry Muffin Diced Pears Milk	Chicken Patty (cut up) WGR Belgian Waffle Blackberries (cut in ½) Milk Syrup	Cottage Cheese WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice Milk	Cheddar Cheese Slice WW Toast Blueberries Avocado Milk Jelly/Margarine	
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 Roasted Broccoli Strawberries (diced) Milk BBQ Sauce	Ground Beef Lasagna Green Beans Applesauce Milk	Turkey and Cheddar Cheese WW Tortilla Diced Cucumbers/Sliced Tomato Mandarin Oranges Milk Ranch/Mustard	Meatloaf with Brown Sugar Glaze WGR Roll Mashed Potatoes Peas Milk	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Goldfish Diced Mangoes Water	Soft Pretzel Milk Hummus	WGR Graham Crackers Diced Peaches Water	WGR 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.

*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.

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Week 2

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

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Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1 oz.	BREAKFAST	Oatmeal Raspberries (cut in ½) Milk	WGR Mini Chocolate Chip French Toast Sticks Crushed Pineapple Milk Syrup	Hard Boiled Egg (cut up) WG Cheerios Grape Juice Milk	Turkey Sausage (diced) Biscuit Banana Milk Apple Butter/Margarine	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Pot Pie (Recipe on File) Biscuit Mixed Vegetables (in Recipe) * Fruit Salad * Milk	Sheet Pan Veggie Omelet (Recipe on File) Croissant Roasted Rosemary Potatoes Strawberries (diced) Milk	Grilled Cheese on WW Toast Tomato Soup Applesauce Milk	Hamburger (diced) with American Cheese WGR Bun French Fries Diced Watermelon Milk Ketchup	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WW Carr's Crackers Milk Guacamole	Chobani Assorted Greek Yogurt WGR Cinnamon Chex Water	String Cheese WGR Cheez Its Water	WGR Banana Muffin Mandarin Oranges Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

*Fruit Salad contains bite sized oranges, honeydew, pineapple, cantaloupe

*Mixed Vegetables contain carrots, peas, green beans, corn

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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
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Breakfast Turkey Sausage Pizza Diced Cantaloupe (dice small) Milk	Scrambled Eggs Apricot Halves (diced) Hash Brown Milk Ketchup	Upstate Farms Vanilla Yogurt WG Cheerios Mixed Berries *	WGR Pancakes Banana Milk Syrup	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Patty (diced) WGR Bun Cooked Carrots Crushed Pineapple Milk Honey Mustard	Salisbury Steak (diced) (Recipe on File) WGR Roll Diced Sweet Potatoes Blueberries Milk Brown Gravy	Extra Cheddar Shredded Cheese Macaroni and Cheese Steamed Broccoli Diced Pears Milk	Beans and Cornbread (Recipe on File) Collard Greens (cut small) Diced Peaches Milk	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WW Bagel Applesauce Water Cream Cheese	WGR Mixed Berry Animal Crackers 100% Strawberry, Mango Slushie Water	WGR Strawberry Chex Mandarin Oranges Water	WW Carr's Crackers Diced Cucumbers Water Ranch	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

*Mixed Berries contain strawberries, blueberries, raspberries, blackberries

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Week 4

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

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Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Blueberry Muffin Diced Honeydew (diced small) Milk	Chicken Patty (diced) WGR Belgian Waffle Apricot Halves (diced) Milk Syrup	Chobani Assorted Greek Yogurt WGR Cinnamon Toast Crunch Cereal (Reduced Sugar) Orange Juice Milk	Oatmeal Diced Peaches Milk	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Tortellini with Alfredo Sauce (Recipe on File) Peas Blackberries (cut in ½) Milk	Sloppy Joe (Recipe on File) Slider Buns Corn Fruit Salad * Milk	Chicken Tenders (diced) WGR Roll Cooked Broccoli Diced Pears Milk	Turkey Sausage (2) (diced) WGR Pancakes Hashbrown Raspberries (cut in ½) Milk Syrup	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Goldfish Applesauce Water	Sliced Cheddar Cheese WW Carr's Crackers Water	WGR Animal Crackers Diced Mangoes Water	Upstate Farms Vanilla Yogurt WGR Graham Crackers Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

*Fruit Salad contains bite sized oranges, honeydew, pineapple, cantaloupe

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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
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Banana Muffin Tropical Fruit Cocktail (diced small)* Milk	Cheese Omelet WG Grits Blueberries Milk	Hard Boiled Eggs (diced) Rice Krispies Apple Juice Milk	Scrambled Eggs WG Bagel Diced Cantaloupe (diced small) Milk Strawberry Cream Cheese	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Meatballs (diced) with Spaghetti (Recipe on File) Chateau Vegetable Blend * Diced Honeydew (diced small) Milk	Chicken and Rice (Recipe on File) Peas and Carrots Crushed Pineapple Milk	WGR Cheeze Pizza Diced Cucumbers Mandarin Oranges Milk Ranch	Turkey Chili Mac (Recipe on File) Corn Applesauce Milk	
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	Soft Pretzels Diced Peaches Water	WGR Strawberry Chex Diced Pears Water	String Cheese WW Carr's Crackers Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

* Tropical Fruit Cocktail contains pineapple, red papaya, yellow papaya, guava

* Chateau Vegetables contains broccoli, carrots, squash, cauliflower, zucchini

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Week 6

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

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Week of

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1 oz.	BREAKFAST	WGR Breakfast Turkey Sausage Pizza Blueberries Milk	Turkey Sausage (diced) Biscuit Apricot Halves (diced) Milk	Upstate Farms Vanilla Yogurt WGR Cinnamon Chex Mixed Berries *	WGR Blueberry Mini Waffles Applesauce Milk Syrup	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken and Noodles (Recipe on File) Cooked Sweet Carrots Raspberries (cut in ½) Milk	Breaded Cod (diced) WGR Bun Green Beans Strawberries (cut in ½) Milk	BBQ Chicken WGR Pita Pocket Cooked Broccoli Fruit Salad * Milk	Ground Beef Nachos WGR Tortilla Black Beans Diced Mangoes (diced small) Milk Shredded Cheese, Salsa, Guacamole	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Banana Muffin Milk	Hard Boiled Egg (diced) WGR Cheez Its Water	WGR Graham Crackers Diced Pears Water	WGR Mixed Berry Animal Crackers Banana Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

*Fruit Salad contains bite sized oranges, honeydew, pineapple, cantaloupe

*Mixed Berries contains strawberries, blueberries, raspberries, blackberries

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