

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

Week 1

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

Week of

*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
Meat/Meat Alt	1.5 oz.	BREAKFAST	WGR Blueberry Muffin Diced Pears 1% Milk	Chicken Patty WGR Belgian Waffle Blackberries 1% Milk Syrup	Cottage Cheese WGR Cinnamon Toast Crunch Cereal (Reduced Sugar) Apple Juice 1% Milk	Cheddar Cheese Slice WW Toast Blueberries Avocado 1% Milk Jelly/Margarine	
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 Roasted Broccoli Strawberries 1% Milk BBQ Sauce	Ground Beef Lasagna Green Beans Applesauce 1% Milk	Turkey and Cheddar Cheese WW Tortilla Diced Cucumber/Sliced Tomato/Shredded Lettuce Orange Wedges 1% Milk Ranch/Mustard	Meatloaf with Brown Sugar Glaze WGR Roll Mashed Potatoes Peas 1% Milk	
Grains	½						
Vegetable	serv.						
Fruit	¼ c.						
Milk	¼ c.						
Condiment	6 oz.						
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Goldfish Mixed Fruit * Water	WGR Pretzels Carrot Sticks Water Hummus	WGR Graham Crackers Diced Peaches Water	WGR Animal Crackers 100% Strawberry, Mango Slushie Water	
Grains	½						
Vegetable	serv.						
Fruit	½ c.						
Milk/Beverage	½ c.						
Condiment	6 oz.						

*Mixed Fruit contains diced peaches, diced pears, grapes

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Week 2

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Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1.5 oz.	BREAKFAST Oatmeal Raspberries 1% Milk	BREAKFAST Oatmeal Raspberries 1% Milk	WGR Mini Chocolate Chip French Toast Sticks Diced Pineapple 1% Milk Syrup	Hard Boiled Egg WG Cheerios Grape Juice 1% Milk	Turkey Sausage Patty Biscuit Banana 1% Milk Apple Butter/Margarine	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH Chicken Pot Pie (Recipe on File) Biscuit Mixed Vegetables (in Recipe) * Fruit Salad * 1% Milk	LUNCH Chicken Pot Pie (Recipe on File) Biscuit Mixed Vegetables (in Recipe) * Fruit Salad * 1% Milk	Sheet Pan Veggie Omelet (Recipe on File) Croissant Roasted Rosemary Potatoes Strawberries 1% Milk Margarine/Jelly	Grilled Cheese on WW Toast Tomato Soup Apple Slices 1% Milk	Hamburger with American Cheese WGR Bun French Fries Diced Watermelon 1% Milk Ketchup	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK WGR Sun Chips 1% Milk Guacamole	PM SNACK WGR Sun Chips 1% Milk Guacamole	Chobani Assorted Greek Yogurt WGR Cinnamon Chex Water	Sunflower Seeds WGR Cheez Its Water	WGR Banana Muffin Mandarin Oranges Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 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

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Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1.5 oz.	BREAKFAST WGR Breakfast Turkey Sausage Pizza Diced Cantaloupe 1% Milk	BREAKFAST WGR Breakfast Turkey 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 Pancakes Banana 1% Milk Syrup	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH Chicken Patty WGR Bun Cooked Carrots Diced Pineapple 1% Milk Honey Mustard	LUNCH Chicken Patty WGR Bun Cooked Carrots Diced Pineapple 1% Milk Honey Mustard	Salisbury Steak (Recipe on File) WGR Roll Diced Sweet Potatoes Blueberries 1% Milk Brown Gravy	Extra Cheddar Shredded Cheese Macaroni and Cheese Steamed Broccoli Diced Pears 1% Milk	Beans and Cornbread (Recipe on File) Collard Greens Diced Peaches 1% Milk	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK WW Bagel Applesauce Water Cream Cheese	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 Sliced Cucumbers Water Ranch	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

* Mixed Berries contain Strawberries, Blueberries, Raspberries, Blackberries

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Week 4

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Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1.5 oz.	BREAKFAST WGR Blueberry Muffin Diced Honeydew 1% Milk	BREAKFAST WGR Blueberry Muffin Diced Honeydew 1% Milk	Chicken Patty WGR Belgian Waffle Apricot Halves 1% Milk Syrup	Chobani Assorted Greek Yogurt WGR Cinnamon Toast Crunch Cereal (Reduced Sugar) Orange Juice 1% Milk	Oatmeal Diced Peaches 1% Milk	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH Chicken Tortellini with Alfredo Sauce (Recipe on File) Tossed Salad Blackberries 1% Milk Diced tomatoes/Ranch/WG Croutons	LUNCH Chicken Tortellini with Alfredo Sauce (Recipe on File) Tossed Salad Blackberries 1% Milk Diced tomatoes/Ranch/WG Croutons	Sloppy Joe (Recipe on File) Slider Buns Corn Fruit Salad * 1% Milk	Chicken Tenders WGR Roll Fresh Broccoli Diced Pears 1% Milk Ranch	Turkey Sausage Patties (2) WGR Pancakes Hashbrown Raspberries 1% Milk Syrup	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK WGR Goldfish Mixed Fruit * Water	PM SNACK WGR Goldfish Mixed Fruit * Water	WW Carr's Crackers Carrot Sticks Water Ranch	WGR Granola Crispies Diced Mangoes Water	Upstate Farms Vanilla Yogurt WGR Graham Crackers Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

*Mixed Fruit contains diced peaches, diced pears, grapes

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Week 5

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Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1.5 oz.	BREAKFAST WGR Banana Muffin Tropical Fruit Cocktail * 1% Milk	BREAKFAST WGR Banana Muffin Tropical Fruit Cocktail * 1% Milk	Cheese Omelet WG Grits Blueberries 1% Milk	Hard Boiled Eggs Rice Krispies Apple Juice 1% Milk	Scrambled Eggs WG Bagel Diced Cantaloupe 1% Milk Strawberry Cream Cheese	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH Meatballs with Spaghetti (Recipe on File) Chateau Vegetable Blend * Diced Honeydew 1% Milk	LUNCH Meatballs with Spaghetti (Recipe on File) Chateau Vegetable Blend * Diced Honeydew 1% Milk	Chicken and Rice (Recipe on File) Peas and Carrots Pineapple Tidbits 1% Milk	WGR Cheese Pizza Sliced Cucumber Orange Wedges 1% Milk Ranch	Turkey Chili Mac (Recipe on File) Corn Applesauce 1% Milk	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK WGR Animal Crackers 100% Strawberry, Mango Slushie Water	PM SNACK WGR Animal Crackers 100% Strawberry, Mango Slushie Water	WGR Pretzels Fresh Broccoli Water Ranch	WGR Strawberry Chex Diced Pears Water	String Cheese WW Carr's Crackers Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 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

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Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday
Meat/Meat Alt	1.5 oz.	BREAKFAST	WGR Breakfast Turkey Sausage Pizza Blueberries 1% Milk	Turkey Sausage Biscuit Apricots Halves 1% Milk Jelly/Margarine	Upstate Farms Vanilla Yogurt WGR Cinnamon Chex Mixed Berries *	WGR Blueberry Mini Waffles Apple Slices 1% Milk Syrup	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	Chicken and Noodles (Recipe on File) Cooked Sweet Carrots Raspberries 1% Milk	Breaded Cod WGR Bun Green Beans Strawberries 1% Milk	BBQ Chicken WGR Pita Pocket Coleslaw Fruit Salad * 1% Milk	Ground Beef Nachos WGR Corn Tortilla Chips Black Beans Diced Mangoes 1% Milk Shredded Cheese, Salsa, Guacamole	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Sun Chips 1% Milk Salsa	Sunflower Seeds WGR Cheez Its Water	WGR Granola Crispies Grapefruit Wedges Water	WGR Mixed Berry Animal Crackers Banana Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

* Mixed Berries contains strawberries, blueberries, raspberries, blackberries

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Week 6

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Week of

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

* Mixed Berries contains strawberries, blueberries, raspberries, blackberries