

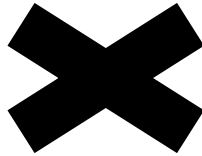
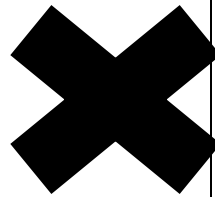
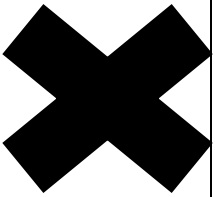
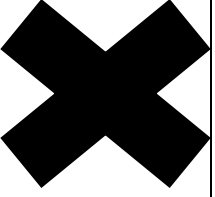
## Knoxville-Knox County Head Start Early Menu

**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
		<b>AM SUPPLEMENT</b> 6:45 – 7:45 <b>AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	<b>BREAKFAST</b>	WGR Mini Blueberry Waffles Banana  Milk Syrup	WGR Banana Muffin Diced Peaches  Milk	Upstate Farms Vanilla Yogurt WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice Milk	Cheddar Cheese Slice WW Toast Diced Cantaloupe (Diced small)  Milk Margarine/Jelly	
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	<b>LUNCH</b>	Italian Seasoned Chicken (Diced) Cornbread Stuffing Green Beans Apricot Halves (Diced) Milk	WGR Cheese Pizza  Peas Crushed Pineapple Milk	Cheeseburger WGR Bun Zucchini Fries Diced Pears Milk Ketchup	Chicken Salad WGR Croissant Cooked Broccoli Strawberries (Diced) Milk	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WW Bagel  Blueberries Water Strawberry Cream Cheese	String Cheese WW Crackers  Water	WGR Graham Crackers  Applesauce Water	WGR Animal Crackers  Mandarin Oranges 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
Children will receive whole milk starting at 1 year of age. Children 2 years old and older will receive 1% milk.							
		<b>AM SUPPLEMENT</b> 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	<b>BREAKFAST</b>	WGR Granola Baked Cinnamon Apples (Diced)  Milk	WGR Breakfast Sausage Pizza Diced Honeydew(Diced Small)  Milk	Hard-Boiled Egg WG Cheerios Grape Juice Milk	WGR Mini Chocolate Chip 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.	<b>LUNCH</b>	Breaded Chicken(Diced) WGR Bun Cooked Carrots 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 American Cheese (Turkey Roll Up) WGR Tortilla Diced Cucumber Diced Peaches 1% Milk Mustard/Ranch	Ground Beef WGR Tortilla Black Beans/ Diced Tomatoes Diced Watermelon 1% Milk Salsa/Shred. Cheese/Sour Cream	
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Granola Crispies  Banana Water	WGR Veggie Crackers  Applesauce Water	Upstate Farms Assorted Yogurt WGR Mixed Berry Animal Crackers Water	String Cheese WW Crackers  Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						

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 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
			<b>AM SUPPLEMENT</b> 6:45 – 7:45 <b>AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	<b>BREAKFAST</b>	WW Bagel Raspberries (Cut in ½)  1% Milk Cream Cheese	Turkey Sausage Patty(Diced) Biscuit Diced Honeydew(Diced small)  Milk	Hard-Boiled Egg WG Cheerios Orange Juice Milk	Cheese Omelet  Blackberries (Cut in ½) Hash Brown Milk Ketchup		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	<b>LUNCH</b>	BBQ Riblet (Diced) WW Hot Dog Bun Shredded Coleslaw Strawberries (Diced) 1% Milk	Beef Tacos WGR Tortilla Refried Beans Diced Mangoes (Diced small) 1% Milk Shredded Cheese/Salsa	Extra Shredded Cheese Macaroni and Cheese Roasted Broccoli and Cauliflower Diced Pears Milk	Chicken Nuggets WGR Roll Cooked Carrots Crushed Pineapple 1% Milk BBQ		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	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.

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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
			<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	<b>BREAKFAST</b>	WGR Blueberry Mini Waffles Diced Pears  Milk Syrup	Cream of Wheat Blueberries  Milk	Upstate Farms Vanilla Yogurt WGR Granola Mixed Berries (Diced as needed)  Milk	Scrambled Eggs WW Toast Diced Cantaloupe (Diced Small) Milk Margarine/Jelly		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	<b>LUNCH</b>	Black Bean Quesadilla(Recipe on File) Fiesta Corn Diced Mango (Diced Small) Milk Sour Cream	Fajita Chicken Strips WW Crackers Peas Strawberries Milk Shredded Cheese/Diced Tomatoes	Breaded Cod (Diced) WGR Bun Shredded Coleslaw Crushed Pineapple Milk Tartar Sauce	WGR Breakfast Sausage Pizza  Diced Cucumbers Applesauce Milk Ranch		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Blueberry Muffin  Banana Water	String Cheese WGR Animal Crackers  Water	WGR Cheez Its  Mandarin Oranges Water	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.

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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
			<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	<b>BREAKFAST</b>	WGR Mini Pancakes Baked Cinnamon Apples (Diced) Milk Syrup	Turkey Sausage Patty (Diced) Biscuit Diced Pears Milk Margarine/Honey	Hard-Boiled Egg WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice Milk	Upstate Assorted Yogurt Oatmeal Raspberries (Cut in ½)  Milk		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	<b>LUNCH</b>	WW Spaghetti with Meat Sauce Green Beans Mandarin Oranges Milk Shredded Mozzarella	BBQ Pulled Pork WGR Bun Baked Beans Diced Watermelon Milk	Chicken Tenders (Diced) WGR Garlic Bread Roasted Broccoli and Cauliflower Apricot Halves (Diced) Milk Honey Mustard	Turkey Sausage (Diced) WGR French Toast Hash Brown Blackberries (Cut in ½) 1% Milk Syrup/Ketchup		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	String Cheese WW Crackers  Water	Soft Pretzel  Milk Hummus	WGR Cheddar Chex  Diced Peaches Water	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.

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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
			<b>AM SUPPLEMENT</b> 6:45 – 7:45 <b>AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	
Meat/Meat Alt	1 oz.	<b>BREAKFAST</b>	Cream of Wheat Banana  1% Milk	Cheese Omelet WGR Blueberry Muffin Diced Pears  1% Milk	Upstate Farms Vanilla Yogurt WG Kix Cereal Orange Juice  1% Milk	Scrambled Eggs WW Bagel Diced Honeydew (Diced Small)  1% Milk Jelly/Margarine		
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	<b>LUNCH</b>	Popcorn Chicken WGR Roll Roasted Broccoli Mandarin Oranges 1% Milk	Fish Nugget (Diced) Hush Puppies Cooked Carrots Blackberries 1% Milk Ketchup	Lasagna  Steamed California Veggies Applesauce 1% Milk	Fajita Chicken Brown Rice Peas and Carrots Apricot Halves 1% Milk		
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Granola Crispies  Milk	WGR Goldfish  Diced Peaches 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.

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