

GREATER BERGEN COMMUNITY ACTION, INC.

HEAD START/EARLY HEAD START MENU

241 Moore Street, Hackensack NJ 07601

(201) 968-0200

www.GreaterBergen.org



In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

2016-2017

Updated 4/4/2016

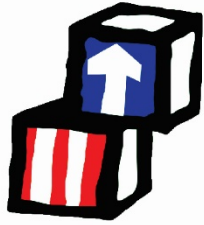
*CN label/recipe available upon request

WEEK: One

Dates: _____

Meal	Early Head Start 12 – 35 months	Monday	Tuesday Pre –K Menu	Wednesday	Thursday	Friday
Breakfast 3 Components	1/2 half sliced bread Or 1/4 cup cereal 1/4 cup fruit or veg. 1/2 cup milk	1/3 cup Corn Flakes 1/2 cup Tropical Fruit 3/4 cup 1% Milk	1 Roll w/Cream Cheese 1/2 cup Pineapple 3/4 cup 1% Milk	1 Whole Wheat Pancake 1/2 cup Applesauce 3/4 cup 1% Milk	1/3 cup Cheerios 1/2 cup Mandarin Oranges 3/4 cup 1% Milk	1 Whole Grain Croissant 1/2 cup Strawberries 3/4 cup 1% Milk
Lunch 4 Components 5 Items	1 oz. meat or equivalent 1/2 slice bread or 1/4 cup rice or noodles 1/4 cup fruit and/or Vegetables – 2 offerings 1/2 cup milk	4 Chicken Nuggets (CN) 1/4 cup Zucchini 1/4 cup Orange Wedge 3/4 cup 1% Milk	2 Enriched Tacos and 2oz Ground Turkey (D-24) 1/4 cup Salsa (C-03) 1/4 cup Shredded Lettuce 1/4 cup Corn 3/4 cup 1% Milk	1/3 cup Beef Sloppy Joe (F-12) 1/4 cup Cauliflower 1/4 cup Turnip Greens 1/2 Bun 3/4 cup 1% Milk	1 Cup of Chicken Curry Casserole (D55-R) 1/4 cup Carrots 1/4 cup Peas 3/4 cup 1% Milk	1 Slice Pizza (CN) 1/4 cup Broccoli 1/4 cup Applesauce 3/4 cup 1% Milk
Snack Select 2 of 4 Components	Choice of two: 1/2 cup milk, 1/2 cup fruit or juice 1/2 slice bread – 2 oz. Crackers 2 oz. yogurt/1/2 oz. meat	1/2 cup Goldfish Crackers 1/2 cup Pears	1/4 cup Low Fat Yogurt 1/2 cup Peaches	1/2 cup Tostitos 1/2 cup Salsa (C-03)	1/2 oz. Graham Crackers 1/2 cup 1% Milk	1/2 cup Animal Crackers 1/2 cup Mango
Vegetarian Entrée Sub.		Sun Butter	Black Bean Tacos	Meatless Chili	Hummus	Same As Above
Halal Entrée Sub.		Halal Chicken Tenders	Halal Ground Turkey Tacos	4oz Chili w/ Halal Beef	Halal Chicken Curry Casserole	Same As Above

Water available at all times



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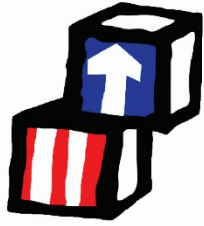
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WEEK: Two

Dates: _____

Meal	Early Head Start 12 – 35 months	Monday	Tuesday Pre –K Menu	Wednesday	Thursday	Friday
Breakfast 3 Components	1/2 half sliced bread Or 1/4 cup cereal 1/4 cup fruit or veg. 1/2 cup milk	1/3 cup Rice Krispies 1/2 cup Mandarin Oranges 3/4 cup 1% Milk	1 Bagel 1 oz. Cream Cheese 1/2 cup Mango 3/4 cup 1% Milk	Whole Wheat Waffle 1/2 cup Applesauce 3/4 cup 1% Milk	1/3 cup Corn Flakes 1/2 cup Pineapple 3/4 cup 1% Milk	1/4 cup Oatmeal w/ Cinnamon Topping 1/2 cup Strawberries 3/4 cup 1% Milk
Lunch 4 Components 5 Items	1 oz. meat or equivalent 1/2 slice bread or 1/4 cup rice or noodles 1/4 cup fruit and/or Vegetables – 2 offerings 1/2 cup milk	4 oz. Homemade Mac n Cheese (D-20) 1/4 cup Green Beans 1/4 cup Orange Wedge 3/4 cup 1% Milk	Cheese Lasagna Roll-Up (CN) 1/4 cup Salad 1/4 cup Peaches 1/2 Slice Whole Grain Bread 3/4 cup 1% Milk	2 oz. Turkey w/ Gravy 1/4 cup Sweet Potatoes 1/4 cup Collard Greens 1/2 Slice Whole Grain Bread 3/4 cup 1% Milk	1 cup Beef Vegetable Stew (D-16) 1/4 cup Pears 1/2 slice Whole Grain Bread 3/4 cup 1% Milk	4 oz. Spanish Style Rice n Beans (GB-1) 1/4 cup Zucchini 1/4 cup Beets 3/4 cup 1% Milk
Snack Select 2 of 4 Components	Choice of two: 1/2 cup milk, 1/2 cup fruit or juice 1/2 slice bread – 2 oz. Crackers 2 oz. yogurt/1/2 oz. meat	1/2 Slice Raisin Bread 1/2 cup 1% Milk	1/2 cup Strawberries 1/2 cup Goldfish Crackers	1 Whole Grain Guava Strawberry Flip 1/2 cup 1% Milk	1/4 cup Low Fat Yogurt 1/2 cup Tropical Fruit	1 Apple 1/2 cup Animal Crackers
Vegetarian Entrée Sub.		Same As Above	Same As Above	Garbanzo Beans & Rice	Red Beans & Noodles	Same As Above
Halal Entrée Sub.		Same As Above	Same As Above	Halal Turkey	Red Beans & Noodles	Same As Above

Water available at all times



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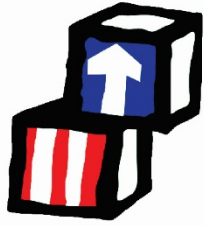
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WEEK: Three

Dates: _____

Meal	Early Head Start 12 – 35 months	Monday	Tuesday Pre –K Menu	Wednesday	Thursday	Friday
Breakfast 3 Components	1/2 half sliced bread Or ¼ cup cereal ¼ cup fruit or veg. ½ cup milk	1/3 cup Cheerios ½ cup Pineapple ¾ cup 1% Milk	1 Roll w/Cream Cheese ½ cup Strawberries ¾ cup 1% Milk	1 Whole Wheat Pancake ½ cup Applesauce ¾ cup 1% Milk	1 Bran Muffin ½ Cup Mango ¾ cup 1% Milk	¼ cup Cream of Rice ½ cup Peaches ¾ cup 1% Milk
Lunch 4 Components 5 Items	1 oz. meat or equivalent ½ slice bread or ¼ cup rice or noodles ¼ cup fruit and/or Vegetables – 2 offerings ½ cup milk	4 Chicken Nuggets (CN) ¼ cup Peas ¼ cup Orange Wedge ¾ cup 1% Milk	2oz Turkey Meatballs w/ Sauce ¼ cup Spaghetti ¼ cup Salad ¼ cup Peaches ¾ cup 1% milk	4oz Chili (D-25) ¼ cup Rice ¼ cup Pears ¾ cup 1% Milk	Turkey BBQ Sandwich (F-02) ¼ cup Sweet Potato Fries ¼ cup Spinach ½ Bun ¾ cup 1% Milk	1 Slice Pizza (CN) ¼ cup Yellow Squash ¼ cup Apple Sauce ¾ cup 1% Milk
Snack Select 2 of 4 Components	Choice of two: ½ cup milk, ½ cup fruit or juice ½ slice bread – 2 oz. Crackers 2 oz. yogurt/1/2 oz. meat	½ cup Animal Crackers ½ cup 1% Milk	½ cup Tostitos ½ cup Salsa (C-03)	1 Whole Grain Guava Strawberry Flip ½ cup 1% Milk	¼ cup Low Fat Yogurt ½ cup Tropical Fruit	½ cup Mandarin Oranges ½ oz. Graham Crackers
Vegetarian Entrée Sub.		Garbanzo Beans & Pasta	Red Beans & Pasta	Meatless Chili	Sun Butter	Same As Above
Halal Entrée Sub.		Halal Chicken Tenders	Spaghetti with Halal Meat Sauce	Chili w/ Halal Beef	Halal Turkey BBQ Sandwich	Same As Above

Water available at all times



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WEEK: Four

Dates: _____

Meal	Early Head Start 12 – 35 months	Monday	Tuesday Pre –K Menu	Wednesday	Thursday	Friday
Breakfast 3 Components	1/2 half sliced bread Or ¼ cup cereal ¼ cup fruit or veg. ½ cup milk	1/3 cup Cheerios ½ cup Pears ¾ cup 1% Milk	1/3 cup Rice Krispies ½ cup Mandarin Oranges ¾ cup 1% Milk	1 Whole Wheat Waffle ½ cup Applesauce ¾ cup 1% Milk	1 Corn Muffin ½ cup Tropical Fruit ¾ cup 1% Milk	1 Whole Grain Croissant ½ cup Peaches ¾ cup 1% Milk
Lunch 4 Components 5 Items	1 oz. meat or equivalent ½ slice bread or ¼ cup rice or noodles ¼ cup fruit and/or Vegetables – 2 offerings ½ cup milk	4 oz. Homemade Mac n Cheese (D-20) ¼ cup Green Beans ¼ cup Peaches ¾ cup 1% Milk	Eggplant Parmesan (GB-06) ¼ cup Salad ¼ cup Applesauce ½ Slice Whole Grain Bread ¾ cup 1% Milk	Meatloaf (D-28) ¼ cup Mashed Potatoes ¼ cup Carrots ¾ cup 1% Milk	Chicken Alfredo w/ A Twist (D-54) ¼ cup Spinach ¼ cup Orange Wedge ¾ cup 1% Milk	½ Grilled Cheese Sandwich ¼ cup Broccoli ¼ cup Beets ¾ cup 1% Milk
Snack Select 2 of 4 Components	Choice of two: ½ cup milk, ½ cup fruit or juice ½ slice bread – 2 oz. Crackers 2 oz. yogurt/1/2 oz. meat	½ cup Graham Crackers ½ cup Pineapple	¼ cup Low Fat Yogurt ½ cup Peaches	½ cup Strawberries ½ cup Animal Crackers	Lorna Doone ½ cup 1% Milk	Apple ½ cup Goldfish Crackers
Vegetarian Entrée Sub.		Same As Above	Same As Above	Meatless Chili	Red Beans & Pasta	Same As Above
Halal Entrée Sub.		Same as Above	Same As Above	Chili with Halal Beef	Halal Chicken Alfredo with a Twist	Same As Above

Water available at all times