

MIAMI-DADE COMMUNITY ACTION AGENCY HEAD START/EARLY HEAD START CATERING CYCLE MENU-PROGRAM YEAR 2008-2009

CYCLE I

Meal pattern for Toddlers 1-3 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Apricot Halves *Cut in bite size pieces	Fruit Cocktail *Cut in bite size pieces	1 Whole Banana *Cut in bite size pieces	Citrus Cup *Cut in bite size pieces	Tropical Fruit Cup *Cut in bite pieces
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other		Cream Cheese	Boiled Egg *Cut in bite size pieces	Peanut Butter 1 oz. *No Peanut Butter	American Cheese *Cut in bite size pieces
Bread – ½ slice OR Cereal- 1 oz (1tbs. Per year. Ex. 3 yr. old = 3 tbs.)	Bread – ½ slice OR Cereal – 1/3 cup	Bran Flakes Cereal Whole Wheat Bread - ½ slice	Cinnamon Raisin Bread *Whole Wheat Bread *cut in bite size pieces	Oatmeal Muffin *Cut in bite size pieces	Multi-Bran Chex Cereal Whole Wheat Bread ½ sl. *Cut in bite size pieces	Oat Bran Muffin *Cut in bite size pieces
Whole Milk – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounce	BBQ Chicken *Cut in bite size pieces	Picadillo *No olives or raisins	Turkey Sandwich on Whole Wheat Bread *Turkey Slice *Cut in bite size pieces	Roast Pork *Cut in bite size pieces	Sloppy Joe Sandwich made with Ground Turkey *Cut in bite size pieces
Vegetable – ¼ cup	Vegetable ¼ cup	Potato Salad 1/3 c *Cut in bite size pieces	Frozen Creamed Spinach	Split Pea Soup ½ cup	Fried Plantains *Cut in bit size pieces	Whole Kernel Corn *Creamed Corn
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Baked Beans	Fresh Apple Slices *Applesauce	Fresh Celery Sticks- 4 small pieces *Tomato Slices *Cut in bite size pieces * Remove skin	Frozen Broccoli	Frozen Sliced Carrots *Cut in bite size pieces
Bread – ½ slice Rice/Pasta – ¼ cup or 1 tbs.	Bread – ½ slice Rice/Pasta – ¼ cup	Whole Wheat Bread – 1 slice *Cut in bite size pieces	Brown Rice	Whole Wheat Bread *Cut in bite size pieces	Yellow Rice	Whole Wheat Bun *Cut in bite size pieces
Other	Other			Mayonnaise Ranch Dressing- HS	Black Beans 1.5 oz.	
Whole Milk – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
SNACK Bread – ½ slice Milk, Fruit, Juice, Vegetable – ½ cup	Bread – ½ slice Milk, Fruit, Juice, Vegetable – ½ cup	Cheerios Cereal Apple Juice	Oatmeal Cookies (3) Juicy Juice- Mango	Graham Crackers (4) Orange Juice	Whole Wheat Crackers (5) Apple Grape Juice	Zucchini Bread w/Walnuts *Corn Muffin Pineapple Juice
Water – 4 oz	Water – 6 oz	Water	Water	Water	Water	Water

Vitamin C and/or A rich sources in this cycle- Apricot, Orange, Tomato, Spinach, Citrus Cup, Tropical Fruit Cup, Peach, Vegetable Medley, Cheese, Plantains.

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CYCLE II

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Fresh Apple Slices *Applesauce	Mandarin Orange Slices	Citrus Fruit Cup *Cut in bite size pieces	Tropical Fruit Cup *Cut in bite size pieces	Fruit Cocktail *Cut grapes in half
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other	Peanut Butter- 1 oz. *No Peanut Butter	Cream Cheese *American Cheese *Cut in bite size pieces		Muenster Cheese Slice *Cut in bite size pieces	
Bread – ½ slice OR Cereal-1 oz (1tbs. Per year. Ex. 3 yr. old = 3 tbs.)	Bread – ½ slice OR Cereal – 1/3 cup	Cheerios Cereal Whole Wheat Bread ½ sl.	Cinnamon Raisin Bagel *Whole Wheat Bread *Cut in bite size pieces	Special K Cereal Whole Wheat Bread ½ sl. *Cut in bite size pieces	Multi Grain Bread *Cut in bite size pieces	Bran Flakes Cereal Whole Wheat Bread ½ slc. *Cut in bite size pieces
Whole Milk – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounce	Arroz Con Pollo *Cut chicken in bite size pieces	Tuna Salad Sandwich *Tuna Salad	Lasagna (CN) *Cut in bite size pieces	Baked Ham *Cut in bite size pieces	Salisbury Steak *Cut in bite size pieces
Vegetable – ¼ cup	Vegetable ¼ cup	Frozen Green Peas *Mashed	Thin sliced Cucumbers in Italian Dressing *Cut in bite size pieces	Frozen Green Beans *Cut in bite size pieces	Frozen Collard Greens	Frozen Sliced Carrots *Cut in bite size pieces
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Steamed Cabbage (Cooked Slightly) *Cut in bite size pieces	Homemade Vegetable Soup 1/2 c *Cut lima beans in half	Lettuce w/Sliced Green Peppers & Ranch Dressing *No Salad	Black-eyed Peas 2 oz	Mashed Potatoes
Bread – ½ slice Rice/Pasta – ¼ cup or 1 tbs.	Bread – ½ slice Rice/Pasta – ¼ cup	Brown Rice Whole Wheat Bread *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Whole Wheat Bread ½ slice *Cut in bite size pieces	Cornbread *Cut in bite size pieces	Whole Wheat Dinner Roll *Whole Wheat Bread in bite size pieces
Other	Other	Sliced Peaches ¼ cup *Cut in bite size pieces		Pear Halves *Cut in bite size pieces		
Whole Milk – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
SNACK Bread – ½ slice	Bread – ½ slice	Oatmeal Cookies (3)	Multi Bran Chex Cereal	Whole Wheat Crackers (5)	Multi-Grain Cheerios Cereal	Honey Bran Bread w/Raisins *Cut in bite size pieces
Milk, Fruit, Juice, Vegetable – ½ cup	Milk, Fruit, Juice, Vegetable – ½ cup	Juicy Juice- Kiwi Strawberry	Juicy Juice- Tropical	Apple Grape Juice	Juicy Juice- Orange Tangerine	Pineapple Juice
Water – 4 oz	Water – 6 oz	Water	Water	Water	Water	Water

Vitamin C and/or A rich sources in this cycle – Tangerine-Orange Juice, Potato Salad, Carrots, Cabbage, Peach, Cheese, Citrus Fruit Cup, Broccoli, Tomatoes, Collard Greens, Mandarin Oranges, Vegetable Soup, Tropical Fruit Cup, Mashed Potatoes. CN – Child Nutrition Label

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CYCLE III

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Pear Halves *Cut in bite size pieces	Peach Slices *Cut in bite size pieces	Citrus Fruit Cup *Cut in bite size pieces	Frozen Strawberries *Cut in bite size pieces	1 Whole Banana *Cut in bite size pieces
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other			Peanut Butter- 1 oz. *American Cheese Slice		
Bread – ½ slice OR Cereal- 1 oz (1tbs. Per year. Ex. 3 yr. old = 3 tbs.)	Bread – ½ slice OR Cereal – 1/3 cup	Multi Bran Chex Cereal Whole Wheat Bread ½ sl. *Cut in bite size pieces	Oat Bran Muffin *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Shredded Wheat Cereal French Bread *Whole Wheat Bread *Cut in bite size pieces	Bran Flakes Cereal Whole Wheat Bread ½ sl. *Cut in bite size pieces
Whole Milk – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounce	Meat Sauce (Ground Chuck) 1 ½ oz.	Roast Turkey *Cut in bite size pieces	Meat loaf w/mushroom gravy *Cut in bite size pieces	Creole Chicken *Cut in bite size pieces	Fish Nuggets *Cut in bite size pieces
Vegetable – ¼ cup	Vegetable ¼ cup	Frozen Spinach	Frozen Green Lima Beans *Mashed	Frozen Field Peas and Snaps *Cut in bite size pieces	Slightly Steamed Broccoli *Cut in bite size pieces	Potatoes Au Gratin
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Tropical Fruit Cup *Cut in bite size pieces	Fruit Cocktail ¼ cup *Cut grapes in half	Butternut Squash	Red Kidney Beans *Mashed	Fresh Apple Slices *Applesauce
Bread – ½ slice Rice/Pasta – ¼ cup or 1 tbs.	Bread – ½ slice Rice/Pasta – ¼ cup	Spaghetti *Cut in bite size pieces	Cornbread Stuffing w/Wheat Germ	Buttered Noodles *Cut in bite size pieces	White Rice	Whole Wheat Bread *Cut in bite size pieces
Other	Other	Garlic Roll *Whole Wheat Bread in bite size pieces	Gravy	Multi-Grain Bread ½ sl. *Cut in bite size pieces	Whole Wheat Bread ½ sl. *Cut in bite size pieces	Lettuce and Cucumber Salad w/ Ranch Dressing *No salad
Whole Milk – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
SNACK Bread – ½ slice Milk, Fruit, Juice, Vegetable – ½ cup	Bread – ½ slice Milk, Fruit, Juice, Vegetable – ½ cup	Whole Wheat Crackers (5) Juicy Juice- Mango	Unsalted Tops Saltine Crackers (5) Juicy Juice- Orange Tangerine	Cranberry Bread *Cut in bite size pieces Pineapple Juice	Graham Crackers (4) Apple- Grape Juice	Cuban Crackers (3) Juicy Juice- Berry
Water – 4 oz	Water – 6 oz	Water	Water	Water	Water	Water

Vitamin C and/or A rich sources in this cycle – Orange, Mixed Vegetables, Spinach, Tropical Fruit Cup, Peach, Cheese, Mashed Potatoes, Butternut Squash, Broccoli, Mango Juice, Tomato.

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CYCLE IV

Meal pattern for Toddlers 1-2 years	Meal Pattern for Children 3-5 years	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Fruit – ¼ cup or Juice ¼ cup	Fruit – ½ cup or Juice – ½ cup	Citrus Fruit Cup *Cut in bite size pieces	Fruit Cocktail *Cut grapes in half	1 Whole Banana *Cut in bite size pieces	Mandarin Orange Slices	Frozen Strawberries *Cut in bite size pieces
Protein Rich Food (Optional) ½ ounce or Other	Protein Rich Food (Optional) 1 ounce or Other	Peanut Butter- 1 oz. *No Peanut Butter	*American Cheese *Cut in bite size pieces			Boiled Egg *Cut in bite size pieces
Bread – ½ slice OR Cereal-1 oz (1tbs. Per year. Ex. 3 yr. old = 3 tbs.)	Bread – ½ slice OR Cereal – 1/3 cup	Multigrain Cheerios Cereal Whole Wheat Bread ½ slice *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces 1 oz. Raisin Bran Cereal (Head Start only)	Multi Bran Chex Cereal Whole Wheat Bread ½ slice *Cut in bite size pieces	Bran Flakes Cereal Whole Wheat Bread ½ slice *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces
Whole Milk – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
LUNCH Meat or Meat Alternate 1 ounce	Meat or Meat Alternate 1½ ounce	Macaroni and Cheese 1/3 cup) Ham 1 oz *Cut ham in bite size pieces	Chili Con Carne (1/2 oz Ground Turkey and Red Kidney Beans)	Baked Chicken *Cut in bite size pieces	Beef Patty *Cut in bite size pieces	Chicken Nuggets *Cut in bite size pieces
Vegetable – ¼ cup	Vegetable ¼ cup	Frozen Turnip Greens	Spinach Salad w/Garbanzo Beans & Ranch Dressing *Cooked Spinach	Black-eyed Peas	Baked Beans	Black Bean Soup 1/2 cup
Vegetable OR Fruit – ¼ cup	Vegetable OR Fruit - ¼ cup	Succotash *Cut lima beans in bite size pieces	Peach Slices *Cut in bite size pieces	Candied Yams *Cut in bite size pieces	Sliced Tomato on Bed of Lettuce *Pineapple Tidbits	Frozen Mixed Vegetables *Cut lima beans in half
Bread – ½ slice Rice/Pasta – ¼ cup or 1 tbs.	Bread – ½ slice Rice/Pasta – ¼ cup	Whole Wheat Bread *Cut in bite size pieces	Brown Rice	Corn Bread *Cut in bite size pieces	Whole Wheat Hamburger Bun *Whole Wheat Bread *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces
Other	Other	Pear Halves *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces		Mustard and Ketchup	Honey Mustard Sauce
Whole Milk – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
SNACK Bread – ½ slice	Bread – ½ slice	Bran Snack Bread *Cut in bite size pieces Apple Juice	Whole Wheat Crackers (5) Pineapple Juice	Graham Crackers (4) Juicy Juice- Orange Tangerine	Kix Cereal Juicy Juice- Kiwi Strawberry	Oatmeal Cookies (3) Juicy Juice- Tropical
Milk, Fruit, Juice, Vegetable – ½ cup	Milk, Fruit, Juice, Vegetable – ½ cup					
Water – 4 oz	Water – 6 oz	Water	Water	Water	Water	Water

Vitamin C and/or A rich sources in this cycle – Orange, Tomato, Turnip Greens, Tropical Fruit Cup, Peach, Cabbage, Mixed Vegetable, Cheese, Citrus Fruit Cup, Spinach, Candied Yams, Mandarin Oranges, Strawberries.

√ Substitute for Early Head Start (Toddlers) and their caretakers ONLY.

Encourage children to taste all of the food on their plate.

INSERTS TO THE CATERING MENU

MONTH		October, January, March	October, January, March	November, February, April	October, January, March	May, December
CYCLES DAYS		Cycle I Tuesday	Cycle II Thursday	Cycle III Friday	Cycle IV Tuesday	Cycle IV Wednesday
Meal Pattern for Toddlers 1-2 years Meat or Meat Alternate – 1 oz Vegetable – ¼ cup Vegetable or Fruit – ¼ cup Bread – ½ slice Rice or Pasta – 1 tbs. Whole Milk – 4 oz.	Meal Pattern for Children 3-5 years Meat or Meat Alternate - 1 ½ oz. Vegetable – ¼ cup Vegetable or Fruit – ¼ cup Bread – ½ slice Rice or Pasta – ¼ cup 1% Milk – 6 oz.	Swedish Meatballs & Noodles ✓ Cut in bite size pieces Broccoli Spears ✓ Cut in bite size pieces Dinner Roll ✓ White Bread Fruit Cocktail ✓ Grapes cut in half Milk	Sweet & Sour Pork ✓ Cut in bite size pieces Fried Rice Steamed Chinese Vegetables Fresh Fruit in Season (No Apple or Oranges) ✓ Cut in bite size pieces Milk	Shredded Pork Sandwich w/Mojo Sauce ✓ Cut in bite size pieces Black Beans Tropical Fruit Cup White Rice Enriched Cuban Bread ✓ Cut in bite size pieces Milk	Chicken (1 oz.) Fajita ✓ Cut in bite size pieces Grated Cheese (½ oz.) Red Beans & White Rice Chopped Tomato & Shredded Lettuce ✓ Chopped Tomato Fresh Fruit in Season ✓ Cut in bite size pieces Milk	Legume (Pork cooked with Cabbage & Carrots) ✓ Cut in bite size pieces White Rice Peaches ✓ Cut in bite size pieces Cornbread Milk
MONTH		November, February, April	November, February, April	October, January, March	November, February, April	May, December
CYCLES DAYS		Cycle I Friday	Cycle II Monday	Cycle III Monday	Cycle IV Tuesday	Cycle IV Monday
Meal Pattern for Toddlers 1-2 years Meat or Meat Alternate – 1 oz Vegetable – ¼ cup Vegetable or Fruit – ¼ cup Bread – ½ slice Rice or Pasta – 1 tbs. Whole Milk – 4 oz.	Meal Pattern for Children 3-5 years Meat or Meat Alternate - 1 ½ oz. Vegetable – ¼ cup Vegetable or Fruit – ¼ cup Bread – ½ slice Rice or Pasta – ¼ cup 1% Milk – 6 oz.	Cheeseburger on Bun, ✓ Cut in bite size pieces Macaroni Salad Tomato on a bed of Lettuce ✓ Chopped Tomato Bun ✓ White Bread ✓ Cut in bite size pieces Tropical Fruit Cup ✓ Cut in bite size pieces Milk	Mild Jerked Chicken ✓ Cut in bite size pieces Yellow Rice Blackeye Peas Stewed Tomatoes Pears ✓ Cut in bite size pieces Milk	Corned Beef ✓ Cut in bite size pieces Steamed Cabbage w/ Carrot Slices ✓ Cut in bite size pieces Yellow Rice Cornbread Fruit Cocktail ✓ Grapes cut in half Milk	Beef Sausage with Onion & Green Pepper in Tomato Sauce ✓ Cut in bite size pieces White Rice Green Peas & Carrots Roll ✓ White Bread ✓ Cut in bite size pieces Fruit Cocktail ✓ Grapes cut in half Milk	Chicken Cacciatore ✓ Cut in bite size pieces Slightly Steamed Yellow Squash *Cut in bite size pieces Sliced Carrots *Cut in bite size pieces Brown Rice Milk
The Following are Special Holiday Menus:						
Menu Pattern		Hispanic Heritage <i>October 22</i>	Thanksgiving <i>November 20</i>	December Holiday <i>December 17</i>	Black History <i>February 12</i>	Easter <i>April 2</i>
Same As Above	Same As Above	Ropa Vieja (Shredded Beef in a Tomato Sauce) Yellow Rice Yucca w/Mojo ✓ Cut in bite size pieces Green Peas Rice Pudding Milk	Roasted Turkey ✓ Cut in bite size pieces Whole Kernel Corn ✓ Creamed Corn Frozen Collard Greens Cornbread Stuffing Strawberry Shortcake Milk	Virginia Baked Ham ✓ Cut in bite size pieces Macaroni & Cheddar Cheese ✓ Cut in bite size pieces Frozen Green Beans Whole Wheat Bread ✓ Cut in bite size pieces Whipped Sweet Potatoes w/ Whipped Topping Milk	Barbecue Chicken ✓ Cut in bite size pieces Pigeon Peas & Rice Frozen Collard Greens Candied Yams ✓ Cut in bite size pieces Corn bread Peach Crumb Milk	Virginia Baked Ham ✓ Cut in bite size pieces Pearl Onions & Peas Candied Yams Tossed Salad ✓ Chopped Tomato Pear Halves ✓ Cut in bite size pieces Coconut Cake Milk

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