

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

**CYCLE I**

<b>Meal pattern for Toddlers 1-3 years</b>	<b>Meal Pattern for Children 3-5 years</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b> 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
<b>Whole Milk</b> – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> 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.	
<b>Whole Milk</b> – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> 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.

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

**CYCLE II**

<b>Meal pattern for Toddlers 1-2 years</b>	<b>Meal Pattern for Children 3-5 years</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b> 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
<b>Whole Milk</b> – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> 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		
<b>Whole Milk</b> – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> 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**

<b>Meal pattern for Toddlers 1-2 years</b>	<b>Meal Pattern for Children 3-5 years</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b> 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
<b>Whole Milk</b> – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> 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
<b>Whole Milk</b> – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> 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	<b>Cuban Crackers (3)</b>  <b>Juicy Juice- Berry</b>
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.

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

**CYCLE IV**

<b>Meal pattern for Toddlers 1-2 years</b>	<b>Meal Pattern for Children 3-5 years</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b> 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
<b>Whole Milk</b> – 4 oz.	1% Milk – 6 oz	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b> 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
<b>Whole Milk</b> – 4 oz	1% Milk – 6 oz.	Milk	Milk	Milk	Milk	Milk
<b>SNACK</b> 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
<b>CYCLES DAYS</b>		<b>Cycle I Tuesday</b>	<b>Cycle II Thursday</b>	<b>Cycle III Friday</b>	<b>Cycle IV Tuesday</b>	<b>Cycle IV Wednesday</b>
<b>Meal Pattern for Toddlers 1-2 years</b> 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.	<b>Meal Pattern for Children 3-5 years</b> 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
<b>CYCLES DAYS</b>		<b>Cycle I Friday</b>	<b>Cycle II Monday</b>	<b>Cycle III Monday</b>	<b>Cycle IV Tuesday</b>	<b>Cycle IV Monday</b>
<b>Meal Pattern for Toddlers 1-2 years</b> 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.	<b>Meal Pattern for Children 3-5 years</b> 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
<b>The Following are Special Holiday Menus:</b>						
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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