

COSHOCTON COUNTY HEAD START/EARLY HEAD START

2024-2025 BREAKFAST-LUNCH-SNACK

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Breakfast: Milk/Multi-Grain Crackers (4)/Fresh Mixed Fruit</p> <p>Lunch: Pancake(WW) with Syrup Sausage Tater Tots Applesauce Milk 1% or Whole</p> <p>PM Snack: Water/Peaches / Flipside Crackers(4)</p>	<p>2</p> <p>Breakfast: English Muffins/Jelly/ Banana/Milk</p> <p>Lunch: Sloppy Charlie's (HM) on Whole Wheat Bun* Scallop Potatoes Applesauce Milk</p> <p>PM Snack: Apple Juice/Cheese Sauce/ Tortilla</p>	<p>3</p> <p>Breakfast: Milk/Pears/Graham Crackers(4)</p> <p>Lunch: WW Spaghetti w/ Meat * (HM) Green Beans/Salad w/ Dressing Watermelon</p> <p>Garlic Bread Milk 1% or Whole</p> <p>PM Snack: Yogurt/Animal Crackers (10)/Water</p>	<p>4 BREAKFAST</p> <p>O.J or any other full strength 100% juice: Ages 1-2 -1/4 , Ages3-3-5- 1/2 Cup MILK : 3/4Cup - 1% for-2yrs old and above or 1/2 cup-Whole for 1yrs old up to 2 yrs. FRUIT: 1/4 Cup Ages 1-2 or 1/2 Cup Ages 3-5 Grains-At least one serving per day, Must be whole grain-rich.-Across all eating occasions. CEREAL: Ages 1-2 1/4 cup, Ages 3-5 1/3 Cup CRACKERS: Varies with cracker type Oz equivalent are used to determine the quantity of creditable grains</p>
<p>7</p> <p>Breakfast: Milk/Life Cereal/ Blueberries</p> <p>Lunch: Shredded Chicken on Whole Wheat Bun * Peas Fresh Mixed Fruit Milk 1% or Whole</p> <p>PM Snack: Water/ Strawberries / Snack Mix (HM)</p>	<p>8</p> <p>Breakfast: Milk/Mandarin Oranges/ Bagel /Cream Cheese</p> <p>Lunch: Johnny Marzetti W/ Beef Cream Corn Applesauce Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/ Cheese Chunks/Multi-Grain Crackers (4)</p>	<p>9</p> <p>Breakfast: Milk/Fresh Pineapple/ Multi-Grain Crackers (4)</p> <p>Lunch: Cheeseburger on Whole Wheat Bun * Baked Beans Banana</p> <p>Milk 1% or Whole</p> <p>PM Snack: Graham crackers(4)/ Peaches/Water</p>	<p>10</p> <p>Breakfast: Milk/Hard Boiled Egg/ Strawberries</p> <p>Lunch: Pepperoni Pizza (HM) Cottage Cheese Green Beans Sliced Oranges</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Ham & Cheese Wrap/WW Bread*</p>	<p>11 Lunch</p> <p>MEAT: Meat Alternatives 1 oz Ages 1-2 1 1/2 oz Ages 3-5 exception: egg (1) VEGETABLE: 1/8 Cup Ages 1-2 , 1/4 Cup Ages 3-5: exceptions: Carrots, Celery, Green Peppers" Strips" etc. FRUIT: 1/8 Cup Ages 1-2 , 1/4 Cup Ages 3-5, Exceptions: Apples, Oranges, Bananas, etc. (1) BREAD: Bread Alternatives: 1/2 Slice: Grains-At least one serving per day, Must be whole grain-rich.-Across all eating occasions. Exceptions: Crescents, Biscuits, etc. (1) Oz equivalent are used to determine the quantity of creditable grains MILK : 3/4Cup - 1% for-2yrs old and above or 1/2 cup-Whole for 1yrs old up to 2 yrs.</p>
<p>14</p> <p>Breakfast: Milk/Multi-Grain Cheerio's Cereal/Mandarin Oranges</p> <p>Lunch: Hamburger Gravy (HM) over Mashed Potatoes Green Beans Fresh Mixed Fruit Whole Wheat Bread* Milk 1% or Whole</p> <p>PM Snack: Water/Pepperoni/ Cheese Chunks/Club Crackers (4)</p>	<p>15</p> <p>Breakfast: Milk/Diced Peaches/ Multi-Grain Crackers (4)</p> <p>Lunch: Ham Macaroni & Cheese Cooked Carrots Banana Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Fresh Pineapple/Cottage Cheese</p>	<p>16</p> <p>Breakfast: Milk/ Bagel/Jelly/ Blueberries</p> <p>Lunch: Chicken Strips (HM) Mashed Potatoes W/Gravy Fresh Strawberries Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Yogurt/ Animal Crackers (10)</p>	<p>17</p> <p>Breakfast: Milk/Banana/Graham Crackers (4)</p> <p>Lunch: Beef Stroganoff (HM) Peas Peaches</p> <p>Milk 1% or Whole</p> <p>WW Wheat Bread*</p> <p>PM Snack: Water/Apple/ Applesauce (EHS)/Cheese-It Crackers (10)</p>	<p>18 SNACK:</p> <p>O.J or any other full strength 100% juice: 1/2 Cup MILK : 3/4Cup - 1% for-2yrs old and above or 1/2 cup-Whole for 1yrs old up to 2 yrs. FRUIT: 1/2 Cup Grains-At least one serving per day, Must be whole grain-rich.-Across all eating occasions. CEREAL: Ages 1-2 1/4 cup, Ages 3-5 1/3 Cup CRACKERS: Varies with cracker type Oz equivalent are used to determine the quantity of creditable grains</p> <p>MEAT: Meat Alternatives 1 oz Ages 1-2 1 1/2 oz Ages 3-5 exception: egg (1)</p>
<p>21</p> <p>Breakfast: Milk/Corn Flakes Cereal/Mandarin Oranges</p> <p>Lunch: Sloppy Joe (HM) on Whole Wheat Bun* Succotash Applesauce Milk 1% or Whole</p> <p>PM Snack: Water/Cheese Chunks/Pretzels</p>	<p>22</p> <p>Breakfast: Milk/Peaches/ Scrambled Eggs/Wheat Bread*</p> <p>Lunch: Beef & Noodles Mashed Potatoes Green Beans Banana Whole Wheat Bread</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Yogurt/ Blueberries</p>	<p>23</p> <p>Breakfast: Milk/Hard Boiled Egg/ Strawberries</p> <p>Lunch: Pepperoni Pizza (HM) Cottage Cheese Cooked Carrots Sliced Oranges</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Pineapple Tidbits/WW Bread*/Jelly</p>	<p>24</p> <p>Breakfast: Milk/Banana/ Cheerio's Cereal</p> <p>Lunch: Soft Taco w/ Meat on WW Tortilla (HM)* Cream Corn/Corn (HS) Pineapple Tidbits</p> <p>Milk 1% or Whole</p> <p>PM Snack: Apple Juice/ Tortilla Chips/ Cheese Dip</p>	<p>25</p> <p>This institution is an equal opportunity provider</p>
<p>28</p> <p>Breakfast: Milk/Rice Krispies Cereal/Blueberries</p> <p>Lunch: Sausage Gravy (HM) over Biscuits Green Beans Mandarin Oranges Milk 1% or Whole</p> <p>PM Snack: Water/Apple/ Applesauce EHS/WW Ritz Crackers*(4)</p>	<p>29</p> <p>Breakfast: Milk/Multi-Grain Crackers (4)/Fresh Mixed Fruit</p> <p>Lunch: Pancake (WW)* w/ Syrup Sausage Tater Tots Applesauce Milk 1% or Whole</p> <p>PM Snack: Water/Peaches / Flipside Crackers(4)</p>	<p>30</p> <p>Breakfast: English Muffins/Jelly/ Banana/Milk</p> <p>Lunch: Salisbury Steak Gravy (HM) Mashed Potatoes Applesauce Whole Wheat Bread *</p> <p>Milk</p> <p>PM Snack: Apple Juice/Cheese Sauce/ Tortilla</p>	<p>31</p> <p>Breakfast: Milk/Pears/Cheese-its (10)</p> <p>Lunch: WW Spaghetti w/ Meat * (HM) Green Beans/Salad w/ Dressing Pineapple Tidbits Garlic Bread</p> <p>Milk 1% or Whole</p> <p>PM Snack: Yogurt/Animal Crackers (10)/Water</p>	<p>List of Cereal served for Breakfast or PM snack</p> <p>Multi-Grain Cheerio's Rice Krispies Crispix Cheerio's Corn Flakes Rice Chex Life Cereal</p>