

COSHOCTON COUNTY HEAD START/EHS

2024-2025 BREAKFAST-LUNCH-SNACK

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>BREAKFAST</p> <p>O.J or any other full strength 100% Juice: Ages 1-2 - 1/4 , Ages 3-5- 1/2 Cup</p> <p>MILK: 3/4Cup - 1% for-2yrs old and above or 1/2 cup-Whole for 1yrs old up to 2 yrs.</p> <p>FRUIT: 1/4 Cup Ages 1-2 or 1/2 Cup Ages 3-5</p> <p>Grains-At least one serving per day, Must be whole grain-rich.-Across all eating occasions.</p> <p>CEREAL: Ages 1-2 1/4 cup, Ages 3-5 1/3 Cup</p> <p>CRACKERS:Varies with cracker type</p> <p>Oz equivalent are used to determine the quantity of creditable grains</p>
<p>3</p> <p>Breakfast: Milk/Multi-Grain Cheerio's Cereal/Mandarin Oranges</p> <p>Lunch: Hamburger Gravy (HM) over Mashed Potatoes</p> <p>Green Beans</p> <p>Fresh Mixed Fruit</p> <p>Whole Wheat Bread*</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Pepperoni/Cheese Chunks/Club Crackers (4)</p>	<p>4</p> <p>Breakfast: Milk/Peaches/WW Wheat Bread/Jelly</p> <p>Lunch: Ham</p> <p>Macaroni & Cheese</p> <p>Cooked Carrots</p> <p>Banana</p> <p>Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Fresh Pineapple/Cottage Cheese</p>	<p>5</p> <p>Breakfast: Milk/ Bagel/Jelly/ Blueberries</p> <p>Lunch: Chicken Strips (HM)</p> <p>Mashed Potatoes W/Gravy</p> <p>Strawberries</p> <p>Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Yogurt/Animal Crackers (10)</p>	<p>6</p> <p>Breakfast: Milk/Banana/Graham Crackers (4)</p> <p>Lunch: Beef Stroganoff (HM)</p> <p>Peas</p> <p>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>7 Lunch</p> <p>MEAT: Meat Alternatives 1 oz Ages 1-2 1 1/2 oz Ages 3-5 exception: egg (1)</p> <p>VEGETABLE: 1/8 Cup Ages 1-2 , 1/4 Cup Ages 3-5: exceptions: Carrots, Celery, Green Peppers* Strips* etc.</p> <p>FRUIT: 1/8 Cup Ages 1-2 , 1/4 Cup Ages 3-5, Exceptions: Apples, Oranges, Bananas, etc. (1)</p> <p>BREAD: Bread Alternatives: 1/2 Slice: Grains</p> <p>-At least one serving per day, Must be whole grain-rich.-Across all eating occasions. Exceptions: Crescents, Biscuits, etc. (1)</p> <p>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>10</p> <p>Breakfast: Milk/Corn Flakes Cereal/Mandarin Oranges</p> <p>Lunch: Sloppy Joe (HM) on Whole Wheat Bun*</p> <p>Succotash</p> <p>Applesauce</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Cheese Chunks/Pretzels</p>	<p>11</p> <p>Breakfast: Milk/Diced Peaches/ Bagel/Cream Cheese</p> <p>Lunch: Chicken & Noodles</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Banana</p> <p>Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/ Multi-Crackers(4)/Pears</p>	<p>12</p> <p>Breakfast: Milk/English Muffin/ Jelly/Strawberries</p> <p>Lunch: Pepperoni Pizza (HM)</p> <p>Cottage Cheese</p> <p>Cooked Carrots</p> <p>Sliced Oranges</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Pineapple Tidbits/WW Bread*/Jelly</p>	<p>13</p> <p>Breakfast: Milk/Banana/ Cheerio's Cereal</p> <p>Lunch: Soft Taco w/ Meat on WW Tortilla (HM)*</p> <p>Cream Corn/Corn (HS)</p> <p>Pineapple Tidbits</p> <p>Milk 1% or Whole</p> <p>PM Snack: Apple Juice/ Tortilla Chips/ Bean Dip (HM)</p>	<p>14 SNACK:</p> <p>O.J or any other full strength 100% Juice: 1/2 Cup</p> <p>MILK: 3/4Cup - 1% for-2yrs old and above or 1/2 cup-Whole for 1yrs old up to 2 yrs.</p> <p>FRUIT: 1/2 Cup</p> <p>Grains-At least one serving per day, Must be whole grain-rich.-Across all eating occasions.</p> <p>CEREAL: Ages 1-2 1/4 cup, Ages 3-5 1/3 Cup</p> <p>CRACKERS:Varies with cracker type</p> <p>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>17</p> <p>No School</p>	<p>18</p> <p>Breakfast: Milk/Multi-Grain Crackers (4)/Fresh Mixed Fruit</p> <p>Lunch: Pancake (WW)* w/ Syrup</p> <p>Sausage</p> <p>Tater Tots</p> <p>Applesauce</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Peaches / Flipside Crackers(4)</p>	<p>19</p> <p>Breakfast: English Muffins/Jelly/ Banana/Milk</p> <p>Lunch: Salisbury Steak</p> <p>Gravy (HM)</p> <p>Mashed Potatoes</p> <p>Applesauce</p> <p>Whole Wheat Bread *</p> <p>Milk</p> <p>PM Snack: Apple Juice/Cheese Sauce/ Tortilla</p>	<p>20</p> <p>Breakfast: Milk/Pears/Cheese-its (10)</p> <p>Lunch: WW Spaghetti w/ Meat * (HM)</p> <p>Green Beans/Salad w/Dressing</p> <p>Pineapple Tidbits</p> <p>Garlic Bread</p> <p>Milk 1% or Whole</p> <p>PM Snack: Cheese Chunks/ Club Crackers (4)/Water</p>	<p>21</p> <p>This institution is an equal opportunity provider</p>
<p>24</p> <p>Breakfast: Milk/Life Cereal/ Blueberries</p> <p>Lunch: Shredded Chicken on Whole Wheat Bun *</p> <p>Peas</p> <p>Fresh Mixed Fruit</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/ Strawberries / Snack Mix (HM)</p>	<p>25</p> <p>Breakfast: Milk/Mandarin Oranges/ Bagel /Cream Cheese</p> <p>Lunch: Johnny Marzetti W/ Beef</p> <p>Cream Corn</p> <p>Applesauce</p> <p>Whole Wheat Bread *</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/ Cheese Chunks/Multi-Grain Crackers (4)</p>	<p>26</p> <p>Breakfast: Milk/Fresh Pineapple/ Multi-Grain Crackers (4)</p> <p>Lunch: Cheeseburger on Whole Wheat Bun *</p> <p>Baked Beans</p> <p>Banana</p> <p>Milk 1% or Whole</p> <p>PM Snack: Graham crackers(4)/ Peaches/Water</p>	<p>27</p> <p>Breakfast: Milk/English Muffin/ Jelly/ Strawberries</p> <p>Lunch: Breakfast Pizza</p> <p>Cottage Cheese</p> <p>Green Beans</p> <p>Sliced Oranges</p> <p>Milk 1% or Whole</p> <p>PM Snack: Water/Egg Salad (HM) Multi Grain Crackers (4)*</p>	<p>28</p> <p>List of Cereal served for Breakfast or PM snack</p> <p>Multi-Grain Cheerio's</p> <p>Rice Krispies</p> <p>Crispix</p> <p>Cheerio's</p> <p>Corn Flakes</p> <p>Rice Chex</p> <p>Life Cereal</p>