

**Knoxville-Knox County Head Start
Early Menu
Week 1**

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1 oz.	BREAKFAST	Scrambled Eggs Diced Honeydew Hash Brown Milk	WGR Blueberry Muffin Diced Grapefruit Segments Milk	Yogurt, Vanilla WG Kix Grape Juice Milk	Waffle with Syrup Diced Raspberries Milk	X
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Nuggets WGR Roll Steamed Zucchini Diced Strawberries Milk BBQ Sauce	Goulash(Recipe on File) Elbow Noodles Peas and Carrots Milk	Turkey and Cheese WGR Croissant Cooked Broccoli Mandarin Oranges Milk Mustard	Cheeseburger WGR Bun Diced Tomato Sweet Potato Fries Cooked Cauliflower Milk	X
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	Yogurt, Assorted WGR Granola Crispies Water	WW Crackers Diced Bell Peppers Water Cream Cheese	String Cheese WGR Animal Crackers Water	Cinnamon Raisin Bread Banana Water	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

Children will receive whole milk starting at 1 year of age. Children 2 years old and older will receive 1% milk.

Food Textures/sizes will be modified by staff based on individual child's needs.

*WW indicates Whole Wheat Item/**WG denotes Whole Grain Item/**WGR indicates Whole Grain Rich Item

**Knoxville-Knox County Head Start
Early Menu
Week 2**

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1 oz.	BREAKFAST	Turkey Sausage Patty WGR English Muffin Diced Cantaloupe Milk	WGR French Toast Sticks Mandarin Oranges Milk Syrup	Hard Boiled Egg WGR Cinnamon Toast Crunch Cereal (<i>Reduced Sugar</i>) Apple Juice Milk	Oatmeal Diced Strawberries Milk	X
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	WGR Cheese Pizza Cooked Cauliflower Blackberries (cut in ½) Milk	Chili WW Crackers Mashed Potatoes Diced Peaches Milk	Sweet and Sour Chicken Brown Rice Sweet Baby Carrots Crushed Pineapple Milk	Beef Taco WGR Tortilla Diced Tomatoes Diced Mangoes Milk	X
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Animal Crackers Diced Pears Water	String Cheese WGR Cheez Its Water	WGR Graham Crackers Applesauce Water	WGR Banana Muffin Diced Grapefruit Water	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

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**Knoxville-Knox County Head Start
Early Menu
Week 3**

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1 oz.	BREAKFAST	Bran Muffin Banana Milk	Turkey Sausage Patty Biscuit Diced Peaches Milk	Yogurt, Assorted WG Cheerios Orange Juice Milk	WW Bagel Blueberries Milk Cream Cheese	X
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	Chicken Patty WGR Bun Roasted Cauliflower Diced Blackberries Milk	Shepard's Pie (<i>Recipe on File</i>) WGR Roll Mandarin Oranges Milk	Bean + Cheese Burrito WK Corn Diced Mangoes Milk	Macaroni and Cheese Extra Cheese Steamed Broccoli Diced Apricot Halves Milk	X
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Cheddar Chex Mix Apple Juice	Assorted Yogurt Diced Mixed Berries Water	WGR Pita Pocket (cut into wedges) Milk Hummus	Provolone Cheese Slice WW Crackers Water Jelly	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

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Knoxville-Knox County Head Start
Early Menu
Week 4

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Meal Components		Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
			AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1 oz.	BREAKFAST	Oatmeal Diced Peaches Milk	WGR Banana Muffin Diced Pears Milk	Hard Boiled Egg WGR Rice Chex Grape Juice Milk	WW Pancakes Diced Raspberries Milk Syrup	/	
Grains	½ serv.							
Fruit	¼ c.							
Veggie	¼ c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	1 oz.	LUNCH	Sloppy Joe WGR Bun Tater Tots Diced Honeydew Milk	Chicken Frittata Corn Muffin Cooked Spinach Grapefruit Segments Milk	Turkey and Cheese WGR Tortilla Cooked Carrots Crushed Pineapple Milk	Spaghetti with Meat Sauce Roasted Squash and Zucchini Mandarin Oranges Milk	/	
Grains	½ serv.							
Vegetable	1/8 c.							
Fruit	1/8 c.							
Milk	4 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Graham Crackers Diced Mixed Berries Water	WGR Animal Crackers Applesauce Water	Provolone Cheese WW Crackers Water Jelly	WGR Strawberry Chex Mix Diced Pears Water	X	
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	4 oz.							
Condiment								

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**Knoxville-Knox County Head Start
Early Menu
Week 5**

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Meal Components		Serving Size	Meals	Monday	Tuesday	Wednesday	Thursday	Friday
			AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	BREAKFAST	WGR Blueberry Muffin Diced Mangoes Milk	Cheese Omelet Diced Grapefruit Hash Brown Milk	Yogurt, Vanilla WG Cheerios Diced Mixed Berries Milk	WGR French Toast Sticks Diced Pears Milk Syrup	X	
Grains	½ serv.							
Fruit	½ c.							
Veggie	½ c.							
Milk	6 oz.							
Condiment								
Meat/Meat Alt.	1.5 oz.	LUNCH	Chicken Tenders Macaroni and Cheese Roasted Broccoli Diced Strawberries Milk Honey Mustard	WGR Tortilla, Beef, and Cheese Casserole Fiesta Corn Diced Apricot Halves Milk	BBQ Pulled Pork WW Slider Bun Peas Mandarin Oranges Milk	Lasagna Green Beans Diced Raspberries Milk	X	
Grains	½ serv.							
Vegetable	¼ c.							
Fruit	¼ c.							
Milk	6 oz.							
Condiment								
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Granola Crispies Orange Juice	String Cheese WW Crackers Water	Cottage Cheese Diced Peaches Water	WGR Graham Crackers Applesauce Water	X	
Grains	½ serv.							
Vegetable	½ c.							
Fruit	½ c.							
Milk/Beverage	6 oz.							
Condiment								

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Knoxville-Knox County Head Start
Early Menu
Week 6

Child Care Center(s) Early Head Start (Children 1-2 years old)

NOTE: MENU SUBJECT TO CHANGE BASED ON AVAILABILITY OF MENU ITEMS

Meal Components	Serving Size	Meals	Monday	Tuesday	Wednesday	Thursday	Friday
		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1oz.	BREAKFAST	WGR Banana Muffin Blueberries Milk	Chicken Patty Biscuit Diced Honeydew Milk	Hard Boiled Egg WGR Corn Chex Apple Juice Milk	Veggie Egg Scramble Shredded Cheese WGR Tortilla Diced Mangoes Diced Peppers + Onions Milk	X
Grains	½ serv.						
Fruit	¼ c.						
Veggie	¼ c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	1 oz.	LUNCH	WGR Cheese Pizza Diced Cucumber Crushed Pineapple Milk	Creole Red Beans and Brown Rice Green Beans Strawberries Milk	Beef Stew Cornbread Muffin Diced Pears Milk	Parmesan Chicken Marinara Noodles Steamed Cauliflower Blackberries Milk	X
Grains	½ serv.						
Vegetable	1/8 c.						
Fruit	1/8 c.						
Milk	4 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	Cinnamon Raisin Bread Banana Water	String Cheese Naan Dippers Water Hummus	Yogurt, Vanilla WGR Granola Water	WGR Cheez Its Diced Peaches Cup Water	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	4 oz.						
Condiment							

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