

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

Child Care Center(s) Claxton, Anderson, East I, East II, LT Ross, North Ridge Crossing

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

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

Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>AM SUPPLEMENT</b> 6:45 – 7:45 <b>AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	Scrambled Eggs  Fresh Honeydew Hash Brown 1% Milk	WGR Blueberry Muffin Grapefruit Segment  1% Milk	Yogurt, Vanilla WG Kix Grape Juice  1% Milk	Waffle Raspberries  1% Milk Syrup	X
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Chicken Nuggets WGR Roll Zucchini Sticks Strawberries 1% Milk BBQ sauce	Goulash(Recipe on File) Elbow Noodles Peas and Carrots  1% Milk	Turkey and Cheese WGR Croissant Fresh Broccoli w/ Ranch Orange Wedges 1% Milk Mustard	Cheeseburger WGR Bun Lettuce + Sliced Tomato Sweet Potato Fries Tossed Salad with Shredded Carrots-Ranch 1% Milk	X
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	Yogurt, Assorted WGR Granola Crispies  Water	WW Crackers Fresh Bell Peppers  Water Cream Cheese Dip	String Cheese Pretzels  Water	Cinnamon Raisin Bread  Banana Water	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

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Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	Turkey Sausage Patty WGR English Muffin Diced Cantaloupe  1% Milk	WGR French Toast Sticks Baked Cinnamon Apples  1% Milk Syrup	Hard Boiled Egg WGR Cinnamon Toast Crunch Cereal ( <i>Reduced Sugar</i> ) Apple Juice 1% Milk	Oatmeal Strawberries  1% Milk	X
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	WGR Cheese Pizza  Tossed Salad with Carrots Blackberries 1% Milk Ranch	Chili with Cheese WW Crackers Baked Potato Diced Peaches 1% Milk Sour Cream	Sweet and Sour Chicken Brown Rice Sweet Baby Carrots Pineapple Tidbits 1% Milk	Beef Taco with Cheese WGR Tortilla Shredded Lettuce + Diced Tomatoes Diced Mangoes 1% Milk	X
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Sun Chips  Diced Pears Water	String Cheese  Fresh Broccoli  Water Ranch	WGR Graham Crackers  Applesauce Water	WGR Banana Muffin  Tropical Fruit Cocktail Water	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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Week 3**

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Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	Bran Muffin Banana  1% Milk	Turkey Sausage Patty Biscuit Fruit Cocktail  1% Milk	Yogurt, Assorted WW Frosted Mini Wheats Orange Juice 1% Milk	WW Bagel Blueberries  1% Milk Cream Cheese	X
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Chicken Patty WGR Bun Roasted Cauliflower Blackberries 1% Milk Honey Mustard	Shepard's Pie ( <i>Recipe on File</i> ) WGR Roll  Mandarin Oranges 1% Milk	Bean + Cheese Burrito  WK Corn Diced Mangoes  1% Milk	Macaroni and Cheese Extra Cheese Steamed Broccoli Apricot Halves 1% Milk	X
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Cheddar Chex Mix  Apple Juice	Assorted Yogurt  Mixed Berries Water	WGR Pita Pocket (cut into wedges)  1% Milk Hummus	WW Crackers Carrot Sticks  Water Ranch	X
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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Week 4**

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Meal Components	Serving Size	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	Oatmeal Diced Peaches  1% Milk	WGR Banana Muffin Tropical Fruit Cocktail  1% Milk	Hard Boiled Egg WGR Rice Chex Grape Juice  1% Milk	WW Pancakes Raspberries  1% Milk Syrup	X
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Sloppy Joe WGR Bun Tater Tots Honeydew 1% Milk	Chicken Frittata Cornbread Spinach Salad with Carrots + Cheese Grapefruit Segments 1% Milk Ranch	Turkey and Cheese WGR Tortilla Carrot Sticks Fresh Pineapple 1% Milk  Ranch	Spaghetti with Meat Sauce Roasted Squash and Zucchini Orange Slices 1% Milk	X
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Blueberry Mini Waffle Fresh Bell Peppers  Water Cream Cheese	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	6 oz.						
Condiment							

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Week 5**

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Meal Components	Serving Size	Meals	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	WGR Blueberry Muffin Diced Mangoes  1% Milk	Cheese Omelet  Grapefruit Segments Hash Brown 1% Milk	Yogurt, Vanilla WG Cheerios Mixed Berries  1% Milk	WGR French Toast Sticks Baked Cinnamon Apples  1% Milk Syrup	X
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Chicken Tenders Macaroni and Cheese Roasted Broccoli Strawberries 1% Milk Honey Mustard	WGR Tortilla, Beef, and Cheese Casserole Fiesta Corn Apricot Halves 1% Milk	BBQ Pulled Pork WGR Bun Coleslaw Diced Cantaloupe 1% Milk	Lasagna  Green Beans Raspberries 1% Milk	X
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Granola Crispies  Orange Juice	String Cheese  Sliced Cucumbers  Water Ranch	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							

**Knoxville-Knox County Head Start  
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Week 6**

Child Care Center(s) Claxton, Anderson, East I, East II, LT Ross, North Ridge Crossing

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Meal Components	Serving Size	Meals	Monday	Tuesday	Wednesday	Thursday	Friday
		<b>AM SUPPLEMENT 6:45 – 7:45 AM</b>	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	WGR Banana Muffin Blueberries  1% Milk	Chicken Patty Biscuit Honeydew  1% Milk	Hard Boiled Egg WGR Corn Chex Apple Juice  1% Milk	Veggie Egg Scramble Shredded Cheese WGR Tortilla Diced Mangoes Diced Peppers + Onions 1% Milk	X
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	WGR Cheese Pizza  Diced Cucumbers Fresh Pineapple 1% Milk Ranch	Creole Red Beans and Brown Rice Green Beans Strawberries 1% Milk	Beef Stew Cornbread  Diced Pears 1% Milk	Parmesan Chicken Marinara Noodles Steamed Cauliflower Blackberries 1% Milk	X
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	Cinnamon Raisin Bread  Banana Water	String Cheese  Carrot Sticks  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	6 oz.						
Condiment							

