

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

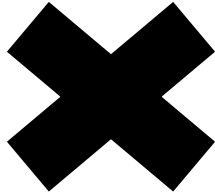
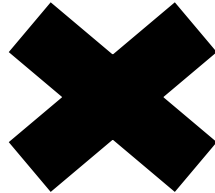
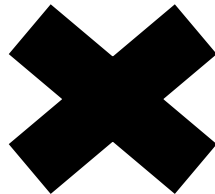
Week 1

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

Week of March 28th, 2022

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
		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 Fresh Honeydew 1% Milk	Scrambled Eggs Hash brown 1% Milk	Yogurt, Vanilla WG Kix Grape Juice 1% Milk	WW Bagel Raspberries 1% Milk Cream Cheese	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	Chicken Nuggets WGR Roll Zucchini Sticks Strawberries 1% Milk BBQ sauce	Beef and Broccoli <small>(Recipe on File)</small> Brown Rice Pineapple Tidbits 1% Milk	Turkey and Cheese WGR Tortilla Cucumber Slices Blueberries 1% Milk Mustard and Ranch	Cheeseburger WGR Bun Lettuce + Sliced Tomato Sweet Potato Fries Tossed Salad with Shredded Carrots-Ranch 1% Milk	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	Yogurt, Assorted WGR Granola Crispies Water	Hard Boiled Egg WGR Goldfish Water	String Cheese Pretzels Water	WW Crackers Carrot Sticks Water Ranch	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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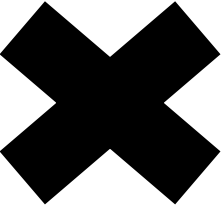
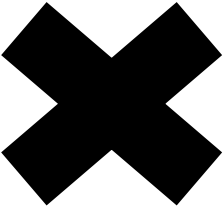
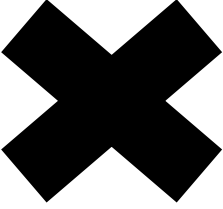
Week 2

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

Week of March 28th, 2022

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		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 French Toast Sticks Baked Cinnamon Apples 1% Milk Syrup	Turkey Sausage Patty WGR English Muffin Mixed Berries 1% Milk	Hard Boiled Egg WGR Cinnamon Toast Crunch Cereal (<i>Reduced Sugar</i>) Apple Juice 1% Milk	Oatmeal Banana 1% Milk	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	Fish Sticks Hushpuppy Coleslaw Pineapple Rings 1% Milk	Surinamese Chicken Taco – WGR Tortilla Fiesta Corn Diced Papaya 1% Milk Shredded Cheese	Deli Turkey + Cheddar Cheese – WW Crackers Fresh Broccoli Strawberries 1% Milk Ranch	WGR Cheese Pizza Tossed Salad Orange Wedges 1% Milk Ranch	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Sun Chips Mixed Fruit Cup Water	Soft Pretzel 1% Milk Cheese Dip	WGR Graham Crackers Applesauce Water	String Cheese Cucumber Slices Water Ranch	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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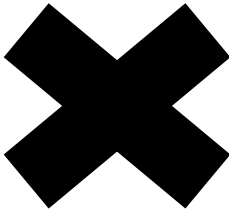
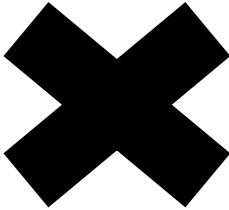
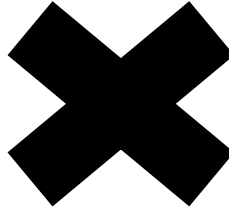
Week 3

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

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		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	WW Pancakes Raspberries 1% Milk Syrup	WGR Banana Muffin Grapefruit Segments 1% Milk	Yogurt, Assorted WW Frosted Mini Wheats Orange Juice 1% Milk	WG Banana Bread Pineapple Rings 1% Milk	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	Extra Cheese Macaroni and Cheese Steamed Broccoli Apricot Halves 1% Milk	Turkey Sausage Patty WGR French Toast Sticks Hash brown Blueberries 1% Milk Syrup	Diced Chicken, HB Egg WW Crackers Spinach Salad Strawberries 1% Milk Ranch + Shredded Cheese	Pizza Casserole Diced Tomato and Cucumber Salad Diced Cantaloupe 1% Milk	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WGR Pita Pocket(cut into wedges) 1% Milk Hummus	Assorted Yogurt Mixed Berries Water	WGR Cheez Its Diced Pears Water	WW Crackers Broccoli Water Ranch	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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Week 4

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		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	Cream of Wheat Banana 1% Milk	Waffle Mixed Berries 1% Milk	Hard Boiled Egg Corn Flakes Grape Juice 1% Milk	6 oz. Dannon Yogurt WGR Granola Crispies Diced Peaches 1% Milk	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	Chicken Tenders WGR Garlic Bread Green Beans Orange Wedges 1% Milk BBQ Sauce	Ground Beef Hash (Recipe on File) WGR Roll Grapefruit Segments 1% Milk	Pepperoni, Shredded Cheese WW Bagel Diced Peppers, Carrot Sticks, Marinara Sauce Pineapple Tidbits 1% Milk Ranch	Fish Nuggets Macaroni and Cheese Breaded Green Tomatoes Watermelon 1% Milk Ketchup	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	WW Crackers Fresh Bell Peppers Water Cream Cheese	WGR Animal Crackers Applesauce Water	WGR Goldfish Mandarin Oranges Water	WGR Strawberry Chex Mix Mixed Fruit Cup Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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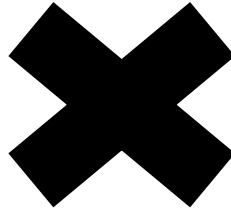
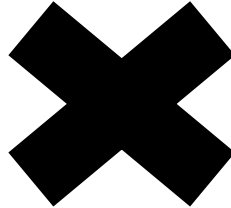
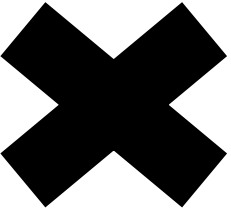
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		AM SUPPLEMENT 6:45 – 7:45 AM	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk	Assorted Cereals Milk
Meat/Meat Alt	1.5 oz.	BREAKFAST	Cheese Omelet	WW Bagel	Yogurt, Vanilla	WGR French Toast Sticks Blackberries 1% Milk Syrup	
Grains	½ serv.		Diced Honeydew	Blueberries	WG Cheerios		
Fruit	½ c.		Hash Brown		Mixed Berries		
Veggie	½ c.		1% Milk	1% Milk	1% Milk		
Milk	6 oz.			Cream Cheese			
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	Orange Chicken	WGR Cheese Pizza with	Chicken Casserole(Recipe on	Salisbury Steak WGR Roll Mashed Potatoes Corn 1% Milk Brown Gravy	
Grains	½ serv.		Brown Rice	Diced Peppers + Onions	File) Cornbread Stuffing		
Vegetable	¼ c.		Steamed Mixed Veggies	Tossed Salad	Peas and Carrots		
Fruit	¼ c.		Fresh Pineapple	Tropical Fruit Cocktail	Apricot Halves		
Milk	6 oz.		1% Milk	1% Milk	1% Milk		
Condiment				Ranch			
Meat/Meat Alt.	½ oz.	PM SNACK	String Cheese	Soft Pretzel	WGR Graham Crackers	WW Crackers Sliced Cucumber Water Ranch	
Grains	½ serv.		WGR Granola Crispies				
Vegetable	½ c.						
Fruit	½ c.		Orange Juice		Applesauce		
Milk/Beverage	6 oz.			1% Milk	Water		
Condiment				Cheese Dip			

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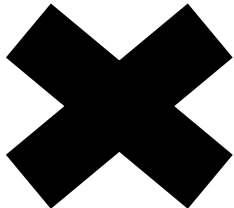
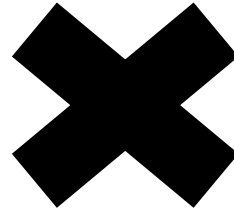
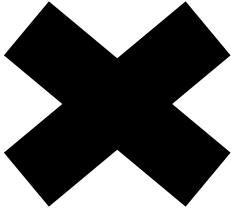
Week 6

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Meat/Meat Alt	1.5 oz.	BREAKFAST	Scrambled Eggs Diced Potatoes, onion + peppers 1% Milk	WW Pancakes Applesauce 1% Milk Syrup	Hard Boiled Egg WGR Corn Chex Apple Juice 1% Milk	Chicken Patty Biscuit Apricot Halves 1% Milk	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	LUNCH	WW Spaghetti with Meat Sauce Sautéed Zucchini Diced Pears 1% Milk	Diced Chicken WW Couscous Diced Carrots Blackberries 1% Milk	Chicken Crispito Fiesta Rice Fiesta Corn Diced Mangoes 1% Milk	Cheeseburger WGR Bun Baked Beans Watermelon 1% Milk Ketchup	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	PM SNACK	Cinnamon Raisin Bread Banana Water	Yogurt, Vanilla WGR Animal Crackers Water	WGR Sun Chips Mixed Berries Water	WGR Cheez Its Diced Peaches Cup Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							