

**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

Week of 2022

| 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 | WGR Blueberry Muffin Fresh Honeydew, Diced Milk | Scrambled Eggs Hash brown Milk | Yogurt, Vanilla WG Kix Grape Juice Milk | WW Bagel Raspberries, Diced Milk Cream Cheese |  |
| Grains | ½ serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Veggie | ¼ c. | | | | | | |
| Milk | 4 oz. | | | | | | |
| Condiment | | | | | | | |
| Meat/Meat Alt. | 1 oz. | LUNCH | Chicken Nuggets WGR Roll Zucchini Sticks Strawberries, Diced Milk BBQ sauce | Beef and Broccoli <small>(Recipe on File)</small> Brown Rice Crushed Pineapple Milk | Turkey and Cheese WGR Tortilla Diced Cucumbers Blueberries Milk Mustard and Ranch | Cheeseburger WGR Bun Sweet Potato Fries Steamed Broccoli Milk |  |
| 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 | Hard Boiled Egg WGR Goldfish Water | String Cheese WGR Animal Crackers Water | WW Crackers Diced Peaches Water |  |
| 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.

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

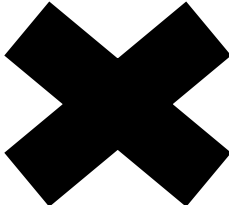
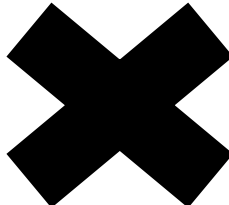
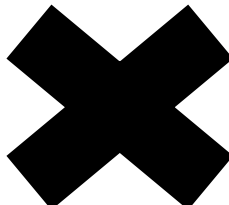
Knoxville-Knox County Head Start Early Menu

Week 2

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

Week of 2022

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 | WGR French Toast Sticks Diced Pears Milk Syrup | Turkey Sausage Patty, Diced WGR English Muffin Mixed Berries, Diced Milk | Hard Boiled Egg WGR Cinnamon Toast Crunch Cereal (<i>Reduced Sugar</i>) Apple Juice Milk | Oatmeal Strawberries, Diced Milk |  |
| Grains | ½ serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Veggie | ¼ c. | | | | | | |
| Milk | 4 oz. | | | | | | |
| Condiment | | | | | | | |
| Meat/Meat Alt. | 1 oz. | LUNCH | Fish Sticks Hushpuppy Peas Applesauce Milk | Surinamese Chicken Taco – WGR Tortilla Fiesta Corn Diced Mangoes Milk | Deli Turkey + Cheddar Cheese – WW Crackers Steamed Broccoli Banana Milk | WGR Cheese Pizza Corn Orange Wedges Milk |  |
| Grains | ½ serv. | | | | | | |
| Vegetable | 1/8 c. | | | | | | |
| Fruit | 1/8 c. | | | | | | |
| Milk | 4 oz. | | | | | | |
| Condiment | | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Cheez Its Diced Peaches Cup Water | Soft Pretzel Milk Cheese Dip | WGR Graham Crackers Applesauce Water | String Cheese Diced Cucumbers Water Ranch |  |
| 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.

Knoxville-Knox County Head Start Early Menu

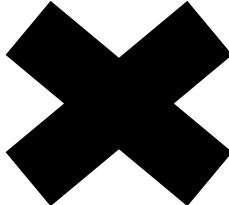
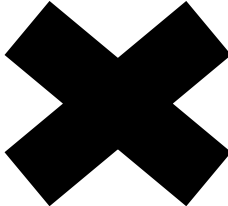
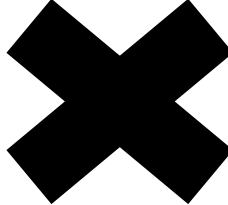
Week 3

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

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

Week of 2022

*WW indicates 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 oz. | BREAKFAST | WW Pancakes Raspberries, Diced Milk Syrup | WGR Banana Muffin Grapefruit, Diced Milk | Yogurt, Assorted WG Cheerios Orange Juice Milk | WG Banana Bread Crushed Pineapple Milk |  |
| Grains | ½ serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Veggie | ¼ c. | | | | | | |
| Milk | 4 oz. | | | | | | |
| Condiment | | | | | | | |
| Meat/Meat Alt. | 1 oz. | LUNCH | Extra Cheese Macaroni and Cheese Steamed Broccoli Apricot Halves, Diced Milk | Turkey Sausage Patty, Diced WGR French Toast Sticks Hash brown Blueberries Milk Syrup | Diced Chicken, HB Egg WW Crackers Steamed Spinach Strawberries, Diced Milk Shredded Cheese | Pizza Casserole Diced Tomato and Cucumber Salad Diced Cantaloupe Milk |  |
| Grains | ½ serv. | | | | | | |
| Vegetable | 1/8 c. | | | | | | |
| Fruit | 1/8 c. | | | | | | |
| Milk | 4 oz. | | | | | | |
| Condiment | | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WGR Pita Pocket(cut into wedges) Milk Hummus | Assorted Yogurt Mixed Berries, Diced Water | WGR Cheez Its Diced Pears Water | WW Crackers Mandarin Oranges Cup Water |  |
| 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

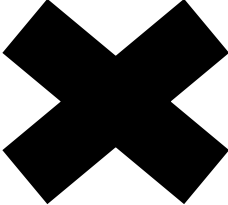
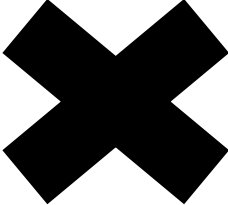
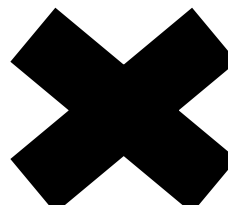
Week 4

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

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Week of 2022

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| 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 | Cream of Wheat Banana Milk | Waffle Mixed Berries, Diced Milk | Hard Boiled Egg WGR Cinnamon Toast Crunch(Reduced Sugar) Grape Juice Milk | 6 oz. Dannon Yogurt WGR Granola Crispies Diced Peaches Milk |  | |
| Grains | ½ serv. | | | | | | | |
| Fruit | ¼ c. | | | | | | | |
| Veggie | ¼ c. | | | | | | | |
| Milk | 4 oz. | | | | | | | |
| Condiment | | | | | | | | |
| Meat/Meat Alt. | 1 oz. | LUNCH | Chicken Tenders, Diced WGR Garlic Bread Green Beans Mandarin Oranges Milk BBQ Sauce | Ground Beef Hash (Recipe on File) WGR Roll Roasted Potatoes Grapefruit Segments, Diced Milk Ranch | Pepperoni, Shredded Cheese WW Bagel Diced Peppers, Cooked Carrots Crushed Pineapple Milk Marinara Sauce | Fish Nuggets, Diced Macaroni and Cheese Breaded Green Tomatoes, Diced Watermelon Milk Ketchup |  | |
| Grains | ½ serv. | | | | | | | |
| Vegetable | 1/8 c. | | | | | | | |
| Fruit | 1/8 c. | | | | | | | |
| Milk | 4 oz. | | | | | | | |
| Condiment | | | | | | | | |
| Meat/Meat Alt. | ½ oz. | PM SNACK | WW Crackers Diced Bell Peppers Water Cream Cheese | WGR Animal Crackers Applesauce Water | WGR Goldfish Mandarin Oranges Water | WGR Strawberry Chex Mix Diced Mangoes Water |  | |
| Grains | ½ serv. | | | | | | | |
| Vegetable | ½ c. | | | | | | | |
| Fruit | ½ c. | | | | | | | |
| Milk/Beverage | 4 oz. | | | | | | | |
| Condiment | | | | | | | | |

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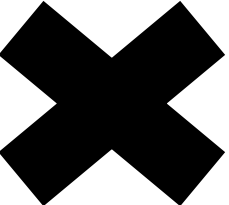
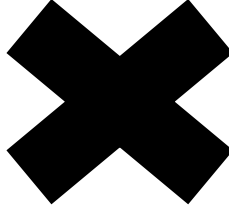
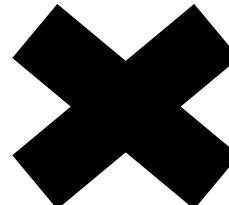
Week 5

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

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Week of 2022

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

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

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Early Menu**

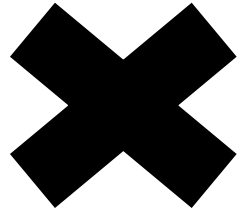
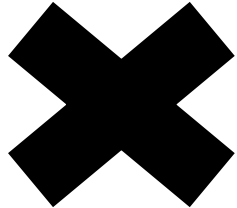
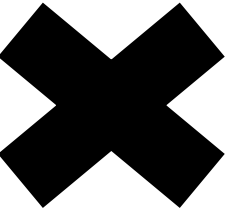
Week 6

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

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

Week of 2022

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| 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 | Scrambled Eggs Diced Potatoes, onion + peppers Milk | WW Pancakes Applesauce Milk Syrup | Hard Boiled Egg WGR Corn Chex Apple Juice Milk | Chicken Patty, Diced Biscuit Apricot Halves, Diced Milk |  |
| Grains | ½ serv. | | | | | | |
| Fruit | ¼ c. | | | | | | |
| Veggie | ¼ c. | | | | | | |
| Milk | 4 oz. | | | | | | |
| Condiment | | | | | | | |
| Meat/Meat Alt. | 1 oz. | LUNCH | WW Spaghetti with Meat Sauce Sautéed Zucchini Diced Pears Milk | Diced Chicken WW Couscous Diced Carrots Blackberries, Diced Milk | Chicken Crispito Fiesta Rice Fiesta Corn Diced Mangoes Milk | Cheeseburger, Diced WGR Bun Baked Beans Watermelon, Diced Milk Ketchup |  |
| 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 | Yogurt, Vanilla WGR Animal Crackers Water | WGR Goldfish Mixed Berries, Diced Water | WGR Cheez Its Diced Peaches Cup Water |  |
| Grains | ½ serv. | | | | | | |
| Vegetable | ½ c. | | | | | | |
| Fruit | ½ c. | | | | | | |
| Milk/Beverage | 4 oz. | | | | | | |
| Condiment | | | | | | | |