

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

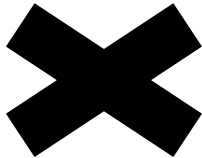
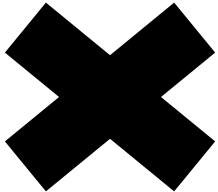
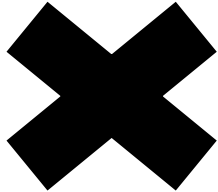
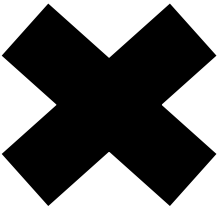
**Week 1**

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

Week of

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	
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	WGR Blueberry Chocolate Chip Waffle Banana  1% Milk Syrup	WGR Blueberry Muffin Apricot Halves  1% Milk	Upstate Farms Vanilla Yogurt WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice 1% Milk	Cheddar Cheese Slice WW Toast Diced Cantaloupe  1% Milk Margarine/Jelly	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Chicken and Bowtie Noodles (Recipe on File) Peas Strawberries 1% Milk	WGR Cheese Pizza  Tossed Salad Pineapple Tidbits 1% Milk Ranch/Shredded Cheese	Cheeseburger WGR Bun Zucchini Fries Diced Pears 1% Milk Ketchup	White Chicken Chili WW Crackers Fresh Broccoli Blackberries 1% Milk Ranch	
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  1% Milk Guacamole Dip	WW Bagel  Blueberries Water Strawberry Cream Cheese	WGR Graham Crackers  Applesauce Water	String Cheese  Carrot Sticks  Water Ranch	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

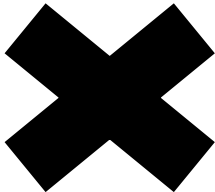
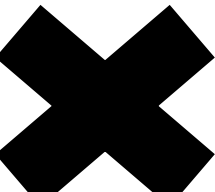
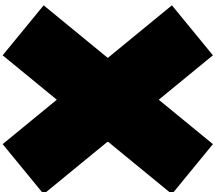
**Week 2**

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

Week of

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 Blueberries  1% Milk	Turkey Sausage Patty Biscuit Diced Honeydew  1% Milk Jelly	Hard-Boiled Egg WG Cheerios Grape Juice  1% Milk	WGR French Toast Sticks Strawberries  1% Milk Syrup	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Breaded Chicken Breast WGR Bun Corn on the Cob Raspberries 1% Milk Honey Mustard	Meatball Sub <small>(Recipe on File)</small> WW Hot Dog Buns French Fries Orange Slices 1% Milk Provolone Cheese/Ketchup	Deli Turkey and Cheddar Cheese WGR Croissant Fresh Broccoli Mandarin Oranges 1% Milk Mustard/Ranch	Taco Soup <small>(Recipe on File)</small> Cornbread  Diced Watermelon 1% Milk Shredded Cheese	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Veggie Crackers  Fresh Broccoli  Water Ranch	Deli Turkey (Rolled Up) WW Crackers  Water	Upstate Farms Assorted Yogurt WGR Mixed Berry Animal Crackers Water	WGR Cheez Its 100% Vegetable Juice	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

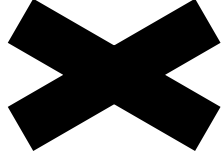
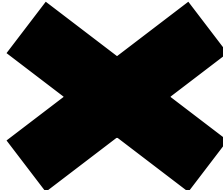
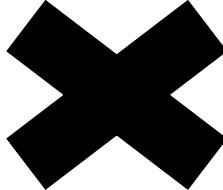
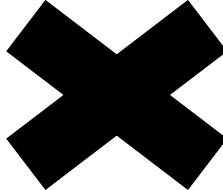
**Week 3**

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

Week of

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	
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	WW Bagel Raspberries  1% Milk Cream Cheese	WGR Breakfast Sausage Pizza Diced Honeydew  1% Milk	Hard-Boiled Egg WW Frosted Mini Wheats Orange Juice  1% Milk	Cheese Omelet  Mixed Fruit Hash Brown 1% Milk Ketchup	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Pork Chops WGR Roll Baked Sweet Potato Strawberries 1% Milk Margarine	Beef Tacos WGR Tortilla Black Beans Mango Slices 1% Milk Shredded Cheese	Extra Shredded Cheese Macaroni and Cheese Roasted Broccoli and Cauliflower Tropical Fruit 1% Milk	Chicken Nuggets WGR Roll Fresh Baby Carrots Fresh Pineapple 1% Milk BBQ /Ranch	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	Soft Pretzel  Milk Cheese Dip	WW Cracker Diced Cucumber  Water Ranch	Upstate Farms Assorted Yogurt WGR Granola Crispies  Water	WGR Strawberry Chex  Diced Peaches Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

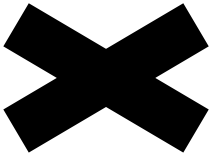
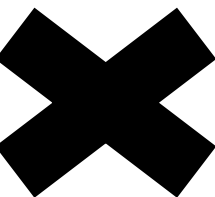
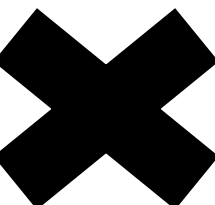
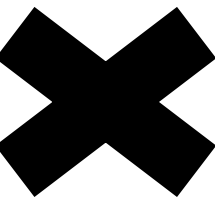
**Week 4**

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

Week of

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	
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	WGR Blueberry Chocolate Chip Waffle Diced Peaches  1% Milk Syrup	Cream of Wheat Blueberries  1% Milk	Upstate Farms Vanilla Yogurt WGR Granola Mixed Berries  1% Milk	Scrambled Eggs Cinnamon Raisin Toast Diced Cantaloupe  1% Milk Jelly	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Chicken Alfredo (Recipe on File) Green Beans Blackberries 1% Milk	Taco Boat-Ground Beef (Recipe on File) WW Crackers Sweet Potato Fries Apricot Halves 1% Milk Ketchup	Chicken Crispito Fiesta Rice Refried Beans Diced Papaya 1% Milk	Turkey Roll Ups WGR Tortilla Diced Cucumbers Orange Wedges 1% Milk Ranch/Mustard	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WGR Blueberry Muffin  Banana Water	String Cheese  Carrot Sticks  Water Hummus	WGR Veggie Crackers  Mandarin Oranges Water	WGR Breadstick  Milk Marinara Sauce	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

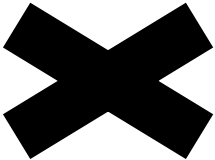
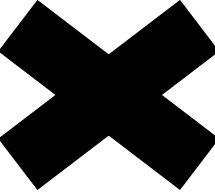
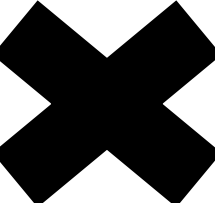
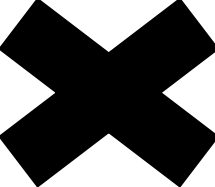
**Week 5**

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

Week of

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	
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	WGR Pancakes Baked Cinnamon Apples  1% Milk Syrup	Turkey Sausage Patty WW English Muffin Tropical Fruit Cocktail  1% Milk Margarine/Honey	Hard-Boiled Egg WGR Cinnamon Toast Crunch (Reduced Sugar) Apple Juice 1% Milk	Upstate Assorted Yogurt WGR Granola Raspberries  1% Milk	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	WW Spaghetti with Meat Sauce Spinach Salad Strawberries 1% Milk Shredded Mozzarella/Ranch	Pepperoni WW Bagel Marinara/Carrot Sticks Diced Watermelon 1% Milk Shredded Mozzarella/ Ranch	Chicken Tenders WGR Garlic Bread Hominy Apricot Halves 1% Milk BBQ Sauce	Turkey Sausage WGR French Toast Hash Brown Blackberries 1% Milk Syrup/Ketchup	
Grains	½ serv.						
Vegetable	¼ c.						
Fruit	¼ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	½ oz.	<b>PM SNACK</b>	WW Crackers Fresh Cauliflower  Water Ranch	Soft Pretzels  Water Hummus	WGR Cheddar Chex 100% Vegetable Juice	WGR Graham Crackers  Applesauce Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							

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

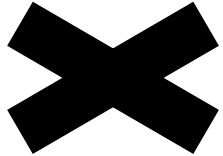
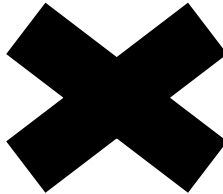
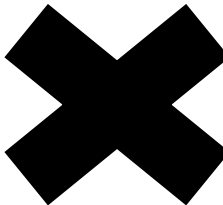
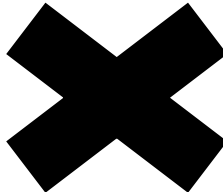
**Week 6**

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

Week of

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	
Meat/Meat Alt	1.5 oz.	<b>BREAKFAST</b>	Oatmeal Banana  1% Milk	Cheese Omelet WW Toast Diced Pears  1% Milk Margarine/Jelly	Upstate Farms Vanilla Yogurt WGR Rice Crisp Cereal Orange Juice  1% Milk	Turkey Sausage Patty Biscuit Diced Papaya  1% Milk Honey/Margarine	
Grains	½ serv.						
Fruit	½ c.						
Veggie	½ c.						
Milk	6 oz.						
Condiment							
Meat/Meat Alt.	1.5 oz.	<b>LUNCH</b>	Fish Nugget Hush Puppies Cooked Carrots Fresh Pineapple 1% Milk Ketchup	Chicken Fajitas(Recipe on File) WGR Tortilla Black Beans Mango Slices 1% Milk Salsa/Shredded Cheese	Lasagna  Green Beans Mixed Fruit 1% Milk	Chicken Tenderloins and WGR Waffle Tossed Salad Applesauce 1% Milk Maple Blackberry Glaze/Ranch	
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  Milk Salsa	WGR Goldfish Celery  Water Cream Cheese	WGR Mixed Berry Animal Crackers Mixed Fruit Water	WGR Cheez Its  Strawberries Water	
Grains	½ serv.						
Vegetable	½ c.						
Fruit	½ c.						
Milk/Beverage	6 oz.						
Condiment							