

East Orange Child Development Corporation
682 Park Avenue, East Orange, NJ 07017
Care Food Program Menu and Meal Service Record
Head Start

Sponsor Agreement#
 Age Group 3 - 5

First Week of May 2021

MEAL PATTERN	MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7
<i>BREAKFAST</i> 1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate ½ slice (including cereal), cereal cold 1/3 cup, cereal cooked ¼ cup	Fresh Apple Cornflakes 1%/FF Milk	Fresh Orange Cheerios (WGR) 1%/FF Milk	Fresh Pear Bagel with Cream Cheese 1%/FF Milk	Banana WG Blueberry Muffin (WGR) 1%/FF Milk	Mixed Fruit Special K (WGR) 1%/FF Milk
<i>LUNCH</i> 1. Milk ¼ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable and/or fruit (two or more) ½ cup 4. Bread or bread alternate ½ slice	WG Spaghetti with Beef Meatballs (WGR) Green Beans Sliced Peaches 1%/FF Milk	BBQ Chicken Thighs Brown Rice (WGR) Cauliflower Mixed Fruit 1%/FF Milk	Tuna Sandwich on WW Bread (WGR) Baby Carrots Fresh Apple 1%/FF Milk	Salisbury Steak in Brown Gravy Mashed Potatoes WW Dinner Roll (WGR) Fresh Orange 1%/FF Milk	Cheesy Pizza (WGR) Tossed Salad with Creamy Italian Dressing Fresh Pear 1%/FF Milk
<i>PM SUPPLEMENT</i> 1. Milk, juice, fruit, or vegetable ½ cup 2. Enriched or whole grain bread ½ slice or cereal ¼ cup 3. Meat or alternate ½ ounce	String Cheese WW Ritz Crackers (WGR)	100% Grape Juice Animal Crackers (WGR)	100% Berry Juice Graham Crackers (WGR)	100% Apple Juice Heart-zels (WGR)	100% Orange Juice Chocolate Teddy Grahams (WGR)

OFFER CHILDREN WATER EVERYDAY

CHILDREN WITH ALLERGIES WILL BE GIVEN AN APPROPRIATE SUBSTITUTE


Parent menu subject to change

Menu
 Nutrition Consultant Approval
 Signature_____

East Orange Child Development Corporation
682 Park Avenue, East Orange, NJ 07017
Care Food Program Menu and Meal Service Record
Head Start

Sponsor Agreement#
 Age Group 3 - 5

Second Week of May 2021

MEAL PATTERN	MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14
BREAKFAST 1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate ½ slice (including cereal), cereal cold 1/3 cup, cereal cooked ¼ cup	Fresh Pear Rice Krispies (WGR) 1%/FF Milk	Fresh Apple Cinnamon Chex (WGR) 1%/FF Milk	Pineapple Tidbits Blueberry Muffin (WGR) 1%/FF Milk	Fresh Orange WG Waffles (WGR) 1%/FF Milk	Cinnamon Applesauce Cheerios (WGR) 1%/FF Milk
LUNCH 1. Milk ¼ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable and/or fruit (two or more) ½ cup 4. Bread or bread alternate ½ slice	Veal Parmesan With Marinara Sauce WW Penne' Pasta Zucchini Sliced Peaches 1%/FF Milk	Beef Hamburger on WW Roll Ketchup Shoestring Potatoes Fresh Pear 1%/FF Milk	Fish Sticks Tartar Sauce Lima Beans Mixed Fruit 1%/FF Milk	BBQ Beef Meatloaf Kernel Corn Hawaiian Roll Kiwi 1%/FF Milk	Chicken Tenders Honey Mustard Tossed Salad with French Dressing WW Roll (WGR) Fresh Orange 1%/FF Milk
PM SUPPLEMENT 1. Milk, juice, fruit, or vegetable ½ cup 2. Enriched or whole grain bread ½ slice or cereal ¼ cup 3. Meat or alternate ½ ounce	100% Apple Juice Cheese Crackers (WGR)	100% Orange Juice Graham Crackers (WGR)		100% Grape Juice Chex Trail Mix (WGR)	100% Berry Juice Heart-zels (WGR)

OFFER CHILDREN WATER EVERYDAY
CHILDREN WITH ALLERGIES WILL BE GIVEN AN APPROPRIATE SUBSTITUTE
 Parent menu subject to change

Menu
 Nutrition Consultant Approval
 Signature_____

East Orange Child Development Corporation
682 Park Avenue, East Orange, NJ 07017
Care Food Program Menu and Meal Service Record
Head Start

Sponsor Agreement#
 Age Group 3 - 5

Third Week of May 2021

MEAL PATTERN	MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21
<i>BREAKFAST</i> 1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate ½ slice (including cereal), cereal cold 1/3 cup, cereal cooked ¼ cup	Fresh Apple Cornflakes 1%/FF Milk	Fresh Orange Cheerios (WGR) 1%/FF Milk	Fresh Pear Bagel with Cream Cheese 1%/FF Milk	Banana WG Blueberry Muffin (WGR) 1%/FF Milk	Mixed Fruit Special K (WGR) 1%/FF Milk
<i>LUNCH</i> 1. Milk ¼ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable and/or fruit (two or more) ½ cup 4. Bread or bread alternate ½ slice	Fish Wedge on Soft Wrap Kernel Corn Tartar Sauce Fresh Pear 1%/FF Milk	Veal Pattie in Brown Gravy Brown Rice (WGR) Fresh Carrot Coins Pineapple Tidbits 1%/FF Milk	Turkey Meatball in Marinara Sauce Sandwich on WW Hero Roll (WGR) Tatar Tots Ketchup Fresh Apple 1%/FF Milk	WG Macaroni and Cheese (WGR) Green Beans Mixed Fruit 1%/FF Milk	Shredded Buffalo Chicken on Soft Wrap Broccoli Fresh Orange 1%/FF Milk
<i>PM SUPPLEMENT</i> 1. Milk, juice, fruit, or vegetable ½ cup 2. Enriched or whole grain bread ½ slice or cereal ¼ cup 3. Meat or alternate ½ ounce	String Cheese WW Ritz Crackers (WGR)	100% Grape Juice Animal Crackers (WGR)	100% Berry Juice Graham Crackers (WGR)	100% Orange Juice Heart-zels (WGR)	100% Apple Juice Chocolate Teddy Grahams (WGR)

OFFER CHILDREN WATER EVERYDAY
CHILDREN WITH ALLERGIES WILL BE GIVEN AN APPROPRIATE SUBSTITUTE
 Parent menu subject to change

Menu
 Nutrition Consultant Approval
 Signature_____

Sponsor Agreement#
 Age Group 3 - 5

Fourth Week of May 2021

East Orange Child Development Corporation
682 Park Avenue, East Orange, NJ 07017
Care Food Program Menu and Meal Service Record
Head Start

MEAL PATTERN	MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28
<i>BREAKFAST</i> 1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate ½ slice (including cereal), cereal cold 1/3 cup, cereal cooked ¼ cup	Fresh Pear Rice Krispies (WGR) 1%/FF Milk	Fresh Apple Cinnamon Chex (WGR) 1%/FF Milk	Pineapple Tidbits Blueberry Muffin (WGR) 1%/FF Milk	Fresh Orange WG Waffles (WGR) 1%/FF Milk	Cinnamon Applesauce Cheerios (WGR) 1%/FF Milk
<i>LUNCH</i> 1. Milk ¾ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable and/or fruit (two or more) ½ cup 4. Bread or bread alternate ½ slice	Tuna Sandwich on WW Bread (WGR) Sliced Cucumber Pineapple Tidbits 1%/FF Milk	Beef Chili con Kidney Beans Brown Rice (WGR) Carrots Mixed Fruit 1%/FF Milk	Cheese Ravioli With Marinara Sauce String Cheese Sweet Peas WW Bread (WGR) Fresh Pear 1%/FF Milk	Baked Chicken Leg Egg Noodles Green Beans Grapes 1%/FF Milk	Cheese Pizza (WGR) Mixed Vegetables Fresh Orange 1%/FF Milk
<i>PM SUPPLEMENT</i> 1. Milk, juice, fruit, or vegetable ½ cup 2. Enriched or whole grain bread ½ slice or cereal ¼ cup 3. Meat or alternate ½ ounce	100% Apple Juice Cheese Crackers (WGR)	100% Orange Juice Graham Crackers (WGR)	LF Strawberry Yogurt Animal Crackers (WGR)	100% Grape Juice Chex Trail Mix (WGR)	100% Berry Juice Heart-zels (WGR)

OFFER CHILDREN WATER EVERYDAY
CHILDREN WITH ALLERGIES WILL BE GIVEN AN APPROPRIATE SUBSTITUTE
 Parent menu subject to change



Menu
 Nutrition Consultant Approval
 Signature_____

Sponsor Agreement#
 Age Group 3 - 5

Fifth Week of May 2021

MEAL PATTERN	MONDAY 31	
---------------------	------------------	--

**East Orange Child Development Corporation
 682 Park Avenue, East Orange, NJ 07017
 Care Food Program Menu and Meal Service Record
 Head Start**

<p><i>BREAKFAST</i></p> <ol style="list-style-type: none"> 1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate ½ slice (including cereal), cereal cold 1/3 cup, cereal cooked ¼ cup 		
<p><i>LUNCH</i></p> <ol style="list-style-type: none"> 1. Milk ¼ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable and/or fruit (two or more) ½ cup 4. Bread or bread alternate ½ slice 		
<p><i>PM SUPPLEMENT</i></p> <ol style="list-style-type: none"> 4. Milk, juice, fruit, or vegetable ½ cup 5. Enriched or whole grain bread ½ slice or cereal ¼ cup 6. Meat or alternate ½ ounce 		

**OFFER CHILDREN WATER EVERYDAY
 CHILDREN WITH ALLERGIES WILL BE GIVEN AN APPROPRIATE SUBSTITUTE
 Parent menu subject to change**

Menu
 Nutrition Consultant Approval
 Signature_____