



**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 April 2021

<b>MEAL PATTERN</b>		<b>THURSDAY 1</b>	<b>FRIDAY 2</b>
<p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Milk ¾ Cup</li> <li>2. Fruit, juice or vegetable ½ cup</li> <li>3. Bread or alternate: ½ slice bread, cereal cold 1/3 cup, cereal cooked ¼ cup or Or</li> <li>4. Meat or Meat Alternate: (meat / poultry 1-1/2 oz/ egg / yogurt 6 oz / cheese 1-1/2 oz/etc. )</li> </ol>	 <p style="font-size: 2em; font-weight: bold; color: blue;">Always Unique Totally Interesting Sometimes Mysterious</p>	<p>Fresh Apple            Cheerios (WGR)            1%/FF Milk</p>	
<p><b>LUNCH</b></p> <ol style="list-style-type: none"> <li>1. Milk ¾ cup</li> <li>2. Meat or alternate 1 ½ ounces</li> <li>3. Vegetable ¼ c</li> <li>4. Fruit ¼ cup</li> <li>5. Bread or bread alternate: ½ slice bread, ¼ c pasta/noodles/grains</li> </ol>		<p>Beef Taco on Soft            Wrap            Kernel Corn            Fresh Orange            1%/FF Milk</p>	
<p><b>PM SUPPLEMENT</b></p> <ol style="list-style-type: none"> <li>1. Milk ½ c OR</li> <li>2. Meat or meat alternate OR</li> <li>3. Vegetables ½ c OR</li> <li>4. Fruit ½ c OR</li> <li>5. Bread or Bread alternate ½ oz eq.</li> </ol> <p>2 OF 5 COMPONENTS WILL BE GIVEN</p>		<p>WG Animal Crackers (WGR)            100% Grape Juice</p>	

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

Menu (08/18)  
 Nutrition Consultant Approval  
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Second Week of April 2021

<b>MEAL PATTERN</b>	<b>MONDAY 5</b>	<b>TUESDAY 6</b>	<b>WEDNESDAY 7</b>	<b>THURSDAY 8</b>	<b>FRIDAY 9</b>
<p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>1. Milk ¼ Cup</li> <li>2. Fruit, juice or vegetable ½ cup</li> <li>3. Bread or alternate: ½ slice bread, cereal cold 1/3 cup, cereal cooked ¼ cup or Or</li> <li>4. Meat or Meat Alternate: (meat / poultry 1-1/2 oz/ egg / yogurt 6 oz / cheese 1-1/2 oz/etc.)</li> </ol>					
<p><b>LUNCH</b></p> <ol style="list-style-type: none"> <li>1. Milk ¼ cup</li> <li>2. Meat or alternate 1 ½ ounces</li> <li>3. Vegetable ¼ c</li> <li>4. Fruit ¼ cup</li> <li>5. Bread or bread alternate: ½ slice bread, ¼ c pasta/noodles/grains</li> </ol>					
<p><b>PM SUPPLEMENT</b></p> <ol style="list-style-type: none"> <li>1. Milk ½ c OR</li> <li>2. Meat or meat alternate OR</li> <li>3. Vegetables ½ c OR</li> <li>4. Fruit ½ c OR</li> <li>5. Bread or Bread alternate ½ oz eq.</li> </ol> <p>2 OF 5 COMPONENTS WILL BE GIVEN</p>					

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Third Week of April 2021

<b>MEAL PATTERN</b>	<b>MONDAY 12</b>	<b>TUESDAY 13</b>	<b>WEDNESDAY 14</b>	<b>THURSDAY 15</b>	<b>FRIDAY 16</b>
<p><b>BREAKFAST</b></p> <ol style="list-style-type: none"> <li>Milk ¼ Cup</li> <li>Fruit, juice or vegetable ½ cup</li> <li>Bread or alternate: ½ slice bread, cereal cold 1/3 cup, cereal cooked ¼ cup or Or</li> <li>Meat or Meat Alternate: (meat / poultry 1-1/2 oz/ egg / yogurt 6 oz / cheese 1-1/2 oz/etc. )</li> </ol>	<p>Fresh Orange Rice Chex (WGR) 1%/FF Milk</p>	<p>Pineapple Tidbits Kix (WGR) 1%/FF Milk</p>	<p>Cinnamon Applesauce WG Pancakes (WGR) 1%/FF Milk</p>	<p>Banana Cornflakes 1%/FF Milk</p>	<p>Fresh Pear Rice Krispies 1%/FF Milk</p>
<p><b>LUNCH</b></p> <ol style="list-style-type: none"> <li>Milk ¼ cup</li> <li>Meat or alternate 1 ½ ounces</li> <li>Vegetable ¼ c</li> <li>Fruit ¼ cup</li> <li>Bread or bread alternate: ½ slice bread, ¼ c pasta/noodles/grains</li> </ol>	<p>Beef Chili con Carne Brown Rice (WGR) Baby Carrots Sliced Peaches 1%/FF Milk</p>	<p>Chicken Patties WW Bun (WGR) Mayo/Ketchup Shoestring Fries Fresh Grapes 1%/FF Milk</p>	<p>Tuna Salad WW Ritz Crackers (WGR) Sweet Peas Fresh Pear 1%/FF Milk</p>	<p>BBQ Beef Meatloaf Mashed Potatoes WW Roll (WGR) Fresh Orange 1%/FF Milk</p>	<p>Turkey Ham and Swiss Cheese Sandwich on WW Hero Roll (WGR) Mayo/Mustard Cole Slaw Mixed Fruit 1%/FF Milk</p>
<p><b>PM SUPPLEMENT</b></p> <ol style="list-style-type: none"> <li>Milk ½ c OR</li> <li>Meat or meat alternate OR</li> <li>Vegetables ½ c OR</li> <li>Fruit ½ c OR</li> <li>Bread or Bread alternate ½ oz eq.</li> </ol> <p>2 OF 5 COMPONENTS WILL BE GIVEN</p>	<p>100% Apple Juice Cheese Crackers (WGR)</p>	<p>100% Orange Juice Heart-zels (WGR)</p>	<p>String Cheese WW Ritz Crackers (WGR)</p>	<p>100% Berry Juice Giant Goldfish Graham Crackers (WGR)</p>	<p>LF Strawberry Yogurt Animal Crackers (WGR)</p>

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Fourth Week of April 2021

<b>MEAL PATTERN</b>	<b>MONDAY 19</b>	<b>TUESDAY 20</b>	<b>WEDNESDAY 21</b>	<b>THURSDAY 22</b>	<b>FRIDAY 23</b>
<b>BREAKFAST</b>  1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate: ½ slice bread, cereal cold 1/3 cup, cereal cooked ¼ cup or Or 4. Meat or Meat Alternate: (meat / poultry 1-1/2 oz/ egg / yogurt 6 oz / cheese 1-1/2 oz/etc.)	Fresh Orange Rice Chex (WGR) 1%/FF Milk	Fresh Pear WG Pancakes (WGR) 1%/FF Milk	Mixed Fruit Cornflakes 1%/FF Milk	Fresh Apple Kix (WGR) 1%/FF Milk	Raisins WG Corn Muffin (WGR) 1%/FF Milk
<b>LUNCH</b>  1. Milk ¼ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable ¼ c 4. Fruit ¼ cup 5. Bread or bread alternate: ½ slice bread, ¼ c pasta/noodles/grains	Fish Wedge Buttered WW Noodles Lima Beans Pineapple Tidbits 1%/FF Milk	Veal in Brown Gravy Brown Rice (WGR) Cauliflower Sliced Peaches 1%/FF Milk	Chicken Salad Crackers Baby Carrots Fresh Apple 1%/FF Milk	Beef Meatballs and WG Penne Pasta with Marinara Sauce (WGR) Broccoli Fresh Pear 1%/FF Milk	Cheesy Pizza (WGR) Tossed Salad with French Dressing Fresh Orange 1%/FF Milk
<b>PM SUPPLEMENT</b>  1. Milk ½ c OR 2. Meat or meat alternate OR 3. Vegetables ½ c OR 4. Fruit ½ c OR 5. Bread or Bread alternate ½ oz eq.  2 OF 5 COMPONENTS WILL BE GIVEN	100% Berry Juice Cheesy Chex Mix (WGR)	100% Apple Juice WW Ritz Crackers (WGR)	100% Berry Juice Animal Crackers (WGR)	100% Grape Juice Cinnamon Teddy Grahams (WGR)	100% Orange Juice Heart-zels (WGR)

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Fifth Week of April 2021

<b>MEAL PATTERN</b>	<b>MONDAY 26</b>	<b>TUESDAY 27</b>	<b>WEDNESDAY 28</b>	<b>THURSDAY 29</b>	<b>FRIDAY 30</b>
<b>BREAKFAST</b>  1. Milk ¼ Cup 2. Fruit, juice or vegetable ½ cup 3. Bread or alternate: ½ slice bread, cereal cold 1/3 cup, cereal cooked ¼ cup or Or 4. Meat or Meat Alternate: (meat / poultry 1-1/2 oz/ egg / yogurt 6 oz / cheese 1-1/2 oz/etc. )	Fresh Orange Rice Chex (WGR) 1%/FF Milk	Pineapple Tidbits Kix (WGR) 1%/FF Milk	Cinnamon Applesauce WG Pancakes (WGR) 1%/FF Milk	Banana Cornflakes 1%/FF Milk	Fresh Pear Rice Krispies 1%/FF Milk
<b>LUNCH</b>  1. Milk ¼ cup 2. Meat or alternate 1 ½ ounces 3. Vegetable ¼ c 4. Fruit ¼ cup 5. Bread or bread alternate: ½ slice bread, ¼ c pasta/noodles/grains	Beef Sloppy Joes on WW Bun (WGR) Cole Slaw Fresh Pear 1%/FF Milk	Baked Chicken Leg Buttered Egg Noodles (WGR) Mixed Vegetables Sliced Peaches 1%/FF Milk	Fish Sticks Hawaiian Roll Tartar Sauce Cauliflower Fresh Pear 1%/FF Milk	WG Macaroni and Cheese (WGR) Broccoli Fresh Apple 1%/FF Milk	Chicken Salad WW Crackers (WGR) Baby Carrots Fresh Orange 1%/FF Milk
<b>PM SUPPLEMENT</b>  1. Milk ½ c OR 2. Meat or meat alternate OR 3. Vegetables ½ c OR 4. Fruit ½ c OR 5. Bread or Bread alternate ½ oz eq.  2 OF 5 COMPONENTS WILL BE GIVEN	100% Apple Juice Cheese Crackers (WGR)	100% Orange Juice Heart-zels (WGR)	String Cheese WW Ritz Crackers (WGR)	100% Berry Juice Giant Goldfish Graham Crackers (WGR)	LF Strawberry Yogurt Animal Crackers (WGR)

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