

**ICS Head Start**  
**BREAKFAST SERVICE TIME 9:00 AM**  
**ICS is an Equal Opportunity Provider**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sep - 3	Sep - 4 CORNFLAKES APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Sep - 5 TOAST,BUTTERED 1/2 slic STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 6 WHOLE WHEAT PANCAKE APPLESAUCE (1/2 cup) SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Sep - 7 QUAKER OAT SQUARE CE PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Sep - 10 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 11 QUAKER OAT SQUARE CE PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 12 BUTTERED OATMEAL 1/4 MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)	Sep - 13 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Sep - 14 TOAST, WITH CREAM CHE STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Sep - 17 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Sep - 18 RICE KRISPIES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Sep - 19 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 20 QUAKER OAT SQUARE CE HONEYDEW MELON (1/2 c MILK - fat free water(ExtraNotReimbursable)	Sep - 21 BUTTERED OATMEAL 1/4 PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)
Sep - 24 GRITS with CHEESE 1/4c PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Sep - 25 RAISIN BREAD BANANAS,Slices1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 26 WAFFLE (WHOLE GRAIN) APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Sep - 27 Ham Slice 1oz APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Sep - 28 WHOLE WHEAT MUFFIN HONEYDEW MELON (1/2 c MILK - fat free water(ExtraNotReimbursable)

Toddlers will not be served hard foods or foods that are choking hazard. Meats will be cut into bite size pieces where applicable. Toddlers under 2 years will be served whole milk unless a doctor's statement indicates otherwise. Infants and toddlers will not be served anything which has honey in it. All fresh fruits will be quartered or sliced before leaving the kitchen.

**ICS Head Start**  
**LUNCH MEAL SERVICE TIME 11:30**  
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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sep - 3	Sep - 4 HAM SANDWICH APPLE Slices (1/4 cup) LETTUCE & TOMATO, 1/4 c MILK - fat free water(ExtraNotReimbursable)	Sep - 5 SLOPPY JOE GREEN PEAS 1/4 cup PEACHES,diced (1/4 cup) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Sep - 6 MAC & CHEESE BLACKEYE PEAS 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Sep - 7 Chicken Patty, Grilled MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Sep - 10 GROUND BEEF/SPANISH SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Sep - 11 BBQ RIB PATTY POTATO SALAD (1/4 cup) GREEN BEANS, 1/4 cup TOAST,BUTTERED 1/2 slic MILK - fat free water(ExtraNotReimbursable)	Sep - 12 BAKED TURKEY BREAST STEAMED CABBAGE MASHED POTATOES (1/4 c WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Sep - 13 SLOPPY JOE CUCUMBER SLICES (1/4 c PINEAPPLE,Canned,1/4 c. WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Sep - 14 TURKEY TACO PEACHES,diced (1/4 cup) LETTUCE & TOMATO, 1/4 c WHOLE WHEAT TORTILLA MILK - fat free water(ExtraNotReimbursable)
Sep - 17 OVEN FRIED CHICKEN MASHED POTATOES (1/4 c SPINACH (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Sep - 18 Ham Slice 2oz MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Sep - 19 GROUND BEEF/SPANISH CARROTS, Canned (1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Sep - 20 VEG CASSEROLE w/BEEF ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Sep - 21 TURKEY PITA SANDWICH MIXED VEGETABLE WATERMELON,Fresh (1/2 c MILK - fat free water(ExtraNotReimbursable)
Sep - 24 CHEESE BURGER DIRTY POTATOES (1/4 cup APPLE Slices (1/4 cup) WHOLE WHEAT BUN SALAD DRESSING, tsp water(ExtraNotReimbursable)	Sep - 25 CHICKEN SALAD LETTUCE & TOMATO, 1/4 c CANTALOUPE CUP WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Sep - 26 BBQ RIB PATTY GREEN PEAS 1/4 cup FRESH ORANGE 1/2 WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Sep - 27 VEGETABLE CHILI APPLE Slices (1/4 cup) WHOLE WHEAT CRACKER Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)	Sep - 28 SPAGHETTI/MEAT SAUCE BROCCOLI 1/4 cup BANANA HALF MILK - fat free water(ExtraNotReimbursable)

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**ICS Head Start**  
**SNACK MEAL SERVICE TIME 2:00**  
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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Sep - 3	Sep - 4 CINNAMON TOAST 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Sep - 5 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Sep - 6 PITA BREAD CHEESE TOA TOMATO JUICE water(ExtraNotReimbursable)	Sep - 7 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
Sep - 10 RAISIN BREAD ORANGE JUICE,USW water(ExtraNotReimbursable)	Sep - 11 CINAMON TOAST/WholeW GRAPE JUICE, USW water(ExtraNotReimbursable)	Sep - 12 BANANA BREAD SQUARE APPLE JUICE,USW water(ExtraNotReimbursable)	Sep - 13 CINNAMON TOAST 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Sep - 14 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)
Sep - 17 PITA BREAD CHEESE TOA TOMATO JUICE water(ExtraNotReimbursable)	Sep - 18 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Sep - 19 RAISIN BREAD ORANGE JUICE,USW water(ExtraNotReimbursable)	Sep - 20 GRAHAM CRACKERS,Plain GRAPE JUICE, USW water(ExtraNotReimbursable)	Sep - 21 BANANA BREAD SQUARE APPLE JUICE,USW water(ExtraNotReimbursable)
Sep - 24 PEARS,Fresh Each WHOLE WHEAT CRACKER water(ExtraNotReimbursable)	Sep - 25 YOGURT, lowfat 2oz. STRAWBERRIES 1/2 cup water(ExtraNotReimbursable)	Sep - 26 CHILLED PEACH CUP 1/2 MILK - fat free water(ExtraNotReimbursable)	Sep - 27 GRAHAM CRACKERS,Plain ORANGE/PINEAPPLE JUIC water(ExtraNotReimbursable)	Sep - 28 PLAIN MUFFIN APPLE JUICE,USW water(ExtraNotReimbursable)

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