

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

Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 FRENCH TOAST STICKS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)
Mar - 4 CORNFLAKES APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Mar - 5 TOAST,BUTTERED 1/2 slic STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Mar - 6 WHOLE WHEAT PANCAKE APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 7 QUAKER OAT SQUARE CE MANDARIN ORANGE (cann MILK - fat free water(ExtraNotReimbursable)	Mar - 8 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Mar - 11 Spring Break	Mar - 12 Spring Break	Mar - 13 Spring Break	Mar - 14 Spring Break	Mar - 15 Spring Break
Mar - 18 QUAKER OAT SQUARE CE PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 19 BUTTERED OATMEAL 1/4 MIXED FRUIT CUP 1/2c. SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Mar - 20 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Mar - 21 TOAST, WITH CREAM CHE STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 22 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Mar - 25 RICE KRISPIES MANDARIN ORANGE 1/2 c MILK - fat free water(ExtraNotReimbursable)	Mar - 26 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 27 QUAKER OAT SQUARE CE BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	Mar - 28 BUTTERED OATMEAL 1/4 PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 29 BUTTERED GRITS APRICOTS 1/2 cup 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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Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 BAKED CHICKEN COLLARD GREENS 1/4 C. SCALLOPED POTATOES CORNBREAD MILK - fat free water(ExtraNotReimbursable)
Mar - 4 SPAGHETTI AND MEAT SA GREEN PEAS 1/4 cup ORANGE, Fresh Slices 1/4 cup MILK - fat free water(ExtraNotReimbursable)	Mar - 5 GRILLED CHEESE SANDW VEGETABLE SOUP PEARS, Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 6 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 7 BEEF AND SPANISH RICE SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Mar - 8 BBQ RIB PATTY POTATO SALAD (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)
Mar - 11 Spring Break	Mar - 12 Spring Break	Mar - 13 Spring Break	Mar - 14 Spring Break	Mar - 15 Spring Break
Mar - 18 BAKED TURKEY BREAST STEAMED CABBAGE MASHED POTATOES 1/4 c. WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Mar - 19 MACARONI AND CHEESE COLLARD GREENS (1/4 cu MANDARIN ORANGE 1/4 c MILK - fat free water(ExtraNotReimbursable)	Mar - 20 TURKEY TACO PINTO BEANS 1/4 cup LETTUCE & TOMATO, 1/4 c Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)	Mar - 21 OVEN FRIED CHICKEN SWEET POTATOES 1/4 cu TURNIP GREENS 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 22 BAKED HAM MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Mar - 25 VEGETABLE FRITTATA SPINACH (1/4 cup) APPLE Slices (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Mar - 26 BEEF STEW W/VEG PEACHES, diced (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Mar - 27 TURKEY PITA SANDWICH MIXED VEGETABLE PINEAPPLE, Canned, 1/4 c. MILK - fat free water(ExtraNotReimbursable)	Mar - 28 BEEF PATTY 2.8 oz DIRTY POTATOES (1/4 cup) LETTUCE & TOMATO, 1/4 c WHOLE WHEAT BUN SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Mar - 29 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SOUP WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)

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ICS Head Start
SNACK MEAL SERVICE TIME 2:00
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Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 TOAST,BUTTERED 1/2 slic PINEAPPLE JUICE,USW water(ExtraNotReimbursable)
Mar - 4 CINNAMON TOAST 1/2 ORANGE JUICE,USW water(ExtraNotReimbursable)	Mar - 5 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Mar - 6 WHOLE WHEAT CRACKER TOMATO JUICE water(ExtraNotReimbursable)	Mar - 7 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Mar - 8 GINGERBREAD PINEAPPLE JUICE,USW water(ExtraNotReimbursable)
Mar – 11 Spring Break	Mar – 12 Spring Break	Mar – 13 Spring Break	Mar – 14 Spring Break	Mar – 15 Spring Break
Mar - 18 CINAMON TOAST/WholeW GRAPE JUICE, USW water(ExtraNotReimbursable)	Mar - 19 BANANA BREAD SQUARE APPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 20 TORTILLA CHIPS *WG PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 21 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Mar - 22 PITA BREAD CHEESE TOA TOMATO JUICE Jicama, tasting party water(ExtraNotReimbursable)
Mar - 25 PLAIN MUFFIN PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 26 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)	Mar - 27 GRAHAM CRACKERS,Plain ORANGE/PINEAPPLE JUIC water(ExtraNotReimbursable)	Mar - 28 BANANA BREAD SQUARE APPLE JUICE,USW water(ExtraNotReimbursable)	Mar - 29 MOZZARELLA CHEESE WHOLE WHEAT CRACKER water(ExtraNotReimbursable)

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