

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 CORNFLAKES APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Nov - 2 TOAST,BUTTERED 1/2 slic STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Nov - 5 WHOLE WHEAT PANCAKE APPLESAUCE (1/2 cup) SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Nov - 6 RICE KRISPIES PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 7 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 8 QUAKER OAT SQUARE CE PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 9 BUTTERED OATMEAL 1/4 MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)
Nov - 12 Holiday	Nov - 13 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Nov - 14 TOAST, WITH CREAM CHE STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 15 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 16 RICE KRISPIES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Nov - 19 Holiday	Nov - 20 Holiday	Nov - 21 Holiday	Nov - 22 Holiday	Nov - 23 Holiday
Nov - 26 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 27 QUAKER OAT SQUARE CE HONEYDEW MELON (1/2 c MILK - fat free water(ExtraNotReimbursable)	Nov - 28 BUTTERED OATMEAL 1/4 PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Nov - 29 GRITS with CHEESE 1/4c PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 30 RAISIN BREAD BANANAS,Slices1/2 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
			Nov - 1 HAM SANDWICH APPLE Slices (1/4 cup) LETTUCE & TOMATO, 1/4 c MILK - fat free water(ExtraNotReimbursable)	Nov - 2 SLOPPY JOE GREEN PEAS 1/4 cup PEACHES,diced (1/4 cup) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)
Nov - 5 MAC & CHEESE BLACK EYE PEAS 1/4 cup ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Nov - 6 Chicken Patty, Grilled MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Nov - 7 GROUND BEEF/SPANISH SPINACH (1/4 cup) APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Nov - 8 BBQ RIB PATTY POTATO SALAD (1/4 cup) GREEN BEANS, 1/4 cup TOAST,BUTTERED 1/2 slic MILK - fat free water(ExtraNotReimbursable)	Nov - 9 BAKED TURKEY BREAST STEAMED CABBAGE MASHED POTATOES (1/4 c WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)
Nov - 12 Holiday	Nov - 13 SLOPPY JOE CUCUMBER SLICES (1/4 c PINEAPPLE,Canned,1/4 c. WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	Nov - 14 CHICKEN SALAD LETTUCE & TOMATO, 1/4 c PEARS,Fresh 1/2 WholeWheatBreadSlice MILK - fat free water(ExtraNotReimbursable)	Nov - 15 TURKEY AND DRESSING MASHED POTATOES (1/4 c GREEN BEANS, 1/4 cup WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Nov - 16 Ham Slice 2oz MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
Nov - 19 Holiday	Nov - 20 Holiday	Nov - 21 Holiday	Nov - 22 Holiday	Nov - 23 Holiday
Nov - 26 BAKED BEANS (1/2 cup) COLLARD GREENS (1/4 cu APPLE Slices (1/4 cup) MACARONI AND CHEESE, MILK - fat free water(ExtraNotReimbursable)	Nov - 27 VEG CASSEROLE w/BEEF ORANGE,FreshSlices1/4cup MILK - fat free water(ExtraNotReimbursable)	Nov - 28 TURKEY PITA SANDWICH SWEET POTATO FRIES DICED PEARS & RAISINS MILK - fat free water(ExtraNotReimbursable)	Nov - 29 CHEESE BURGER DIRTY POTATOES (1/4 cup MANDARIN ORANGE 1/4 c WHOLE WHEAT BUN SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Nov - 30 CHICKEN SALAD LETTUCE & TOMATO, 1/4 c CANTALOUPE CUP WHOLE WHEAT BUN 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
			Nov - 1 CINNAMON TOAST 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Nov - 2 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)
Nov - 5 PITA BREAD CHEESE TOA TOMATO JUICE water(ExtraNotReimbursable)	Nov - 6 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Nov - 7 RAISIN BREAD ORANGE JUICE,USW water(ExtraNotReimbursable)	Nov - 8 CINAMON TOAST/WholeW GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 9 BANANA BREAD SQUARE APPLE JUICE,USW water(ExtraNotReimbursable)
Nov - 12 Holiday	Nov - 13 CINNAMON TOAST 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Nov - 14 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Nov - 15 PITA BREAD CHEESE TOA TOMATO JUICE water(ExtraNotReimbursable)	Nov - 16 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
Nov - 19 Holiday	Nov - 20 Holiday	Nov - 21 Holiday	Nov - 22 Holiday	Nov - 23 Holiday
Nov - 26 RAISIN BREAD ORANGE JUICE,USW water(ExtraNotReimbursable)	Nov - 27 GRAHAM CRACKERS,Plain GRAPE JUICE, USW water(ExtraNotReimbursable)	Nov - 28 BANANA BREAD SQUARE APPLE JUICE,USW water(ExtraNotReimbursable)	Nov - 29 PEARS,Fresh Each WHOLE WHEAT CRACKER water(ExtraNotReimbursable)	Nov - 30 YOGURT, lowfat 2oz. STRAWBERRIES 1/2 cup water(ExtraNotReimbursable)

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