

# ICS Head Start Breakfast

ICS is an Equal Opportunity Provider

May 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		May - 1 FRENCH TOAST STICKS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 2 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	May - 3 TOAST,BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)
May - 6 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 7 RICE KRISPIES MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)	May - 8 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 9 QUAKER OAT SQUARE CER PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 10 BUTTERED OATMEAL 1/4 cup MIXED FRUIT CUP 1/2c. SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)
May - 13 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	May - 14 TOAST, WITH CREAM CHEE BANANA/STRAWBERRY CUP MILK - fat free water(ExtraNotReimbursable)	May - 15 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 16 RICE KRISPIES MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 17 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
May - 20 QUAKER OAT SQUARE CER BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	May - 21 BUTTERED OATMEAL 1/4 cup PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 22 TOAST,BUTTERED 1/2 slice APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 23 FRENCH TOAST STICKS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 24 CORNFLAKES BANANA Fresh, whole MILK - fat free water(ExtraNotReimbursable)
May - 27	May - 28 TOAST,BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	May - 29 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 30 FRENCH TOAST STICKS PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 31 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)

**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)

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**  
**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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