

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

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 CORNFLAKES APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Dec - 4 TOAST,BUTTERED 1/2 slic STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Dec - 5 WHOLE WHEAT PANCAKE APPLESAUCE (1/2 cup) SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Dec - 6 RICE KRISPIES PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Dec - 7 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Dec - 10 QUAKER OAT SQUARE CE PINEAPPLE,Canned,1/2 cup MILK - fat free water(ExtraNotReimbursable)	Dec - 11 BUTTERED OATMEAL 1/4 MIXED FRUIT CUP 1/2c. MILK - fat free water(ExtraNotReimbursable)	Dec - 12 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned MILK - fat free water(ExtraNotReimbursable)	Dec - 13 TOAST, WITH CREAM CHE STRAWBERRIES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Dec - 14 ALPHA BITS CEREAL PEACHES,Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Dec - 17 RICE KRISPIES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Dec - 24	Dec - 25	Dec - 26	Dec - 27	Dec - 28
Dec - 31				

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
Dec - 3 HAM SANDWICH APPLE Slices (1/4 cup) LETTUCE & TOMATO, 1/4 c SALAD DRESSING, tsp MILK - fat free water(ExtraNotReimbursable)	Dec - 4 GRILLED CHEESE SANDW VEGETABLE SOUP PEACHES,diced (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	Dec - 5 BEEF STEW ORANGE,FreshSlices1/4cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Dec - 6 Chicken Patty, Grilled STEW'D TOMATOES LIMA BEANS (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	Dec - 7 SPAGHETTI AND MEAT SA SPINACH (1/4 cup) MIXED FRUIT CUP 1/4 c. MILK - fat free water(ExtraNotReimbursable)
Dec - 10 BBQ RIB PATTY COLE SLAW BAKED BEANS TOAST,BUTTERED 1/2 slic MILK - fat free water(ExtraNotReimbursable)	Dec - 11 MEATLOAF BROCCOLI 1/4 cup MASHED POTATOES (1/4 c WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	Dec - 12 VEGETABLE CHILI PINEAPPLE,Canned,1/4 c. WHOLE WHEAT CRACKER Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)	Dec - 13 CHICKEN SALAD LETTUCE & TOMATO, 1/4 c PEARS,Fresh 1/2 WholeWheatBreadSlice MILK - fat free water(ExtraNotReimbursable)	Dec - 14 TURKEY AND DRESSING SWEET POTATOES & APP GREEN BEANS, 1/4 cup WHOLE WHEAT ROLL CRANBERRY SAUCE MILK - fat free water(ExtraNotReimbursable)
Dec - 17 Ham Slice 2oz MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Dec - 24	Dec - 25	Dec - 26	Dec - 27	Dec - 28
Dec - 31				

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ICS Head Start
SNACK MEAL SERVICE TIME 2:00
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Nov 16, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 CINNAMON TOAST 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Dec - 4 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Dec - 5 PITA BREAD CHEESE TOA TOMATO JUICE water(ExtraNotReimbursable)	Dec - 6 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Dec - 7 RAISIN BREAD ORANGE JUICE,USW water(ExtraNotReimbursable)
Dec - 10 CHEESE TOAST 1/2 GRAPE JUICE, USW water(ExtraNotReimbursable)	Dec - 11 WHOLE WHEAT CRACKER APPLE JUICE,USW water(ExtraNotReimbursable)	Dec - 12 CINNAMON TOAST 1/2 PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	Dec - 13 GOLDFISH CRACKERS W. KIWI FRUIT1/2 c. water(ExtraNotReimbursable)	Dec - 14 PUMPKIN MUFFIN YOGURT, lowfat 2oz. water(ExtraNotReimbursable)
Dec - 17 SPICED MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)	Dec - 18	Dec - 19	Dec - 20	Dec - 21
Dec - 24	Dec - 25	Dec - 26	Dec - 27	Dec - 28
Dec - 31				

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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Enjoy the Taste of Eating Great



Flavor Plate

Serves: 4 | Serving Size: 1 plate

- 4 3-ounce fillets of salmon
- 2 cups cooked brown rice
- Juice from 1 lemon
- 4-6 cups raw baby kale and spinach
- Dash of extra virgin olive oil
- Salt and pepper, to taste
- 2 cups mango salsa (recipe below)

Mango Salsa

- 1 peeled mango, diced
- 1 pasilla pepper, cored, seeded, and diced
- 1 tomato, cored, seeded, and diced
- Juice from 1 lemon
- 1 tsp chopped cilantro
- Dash hot pepper sauce

Toss cooked brown rice with lemon juice and set aside.

Heat a skillet with a dash of extra virgin olive oil, Sauté the greens until tender, seasoning with salt and pepper to taste.

Grill the fish on foil with olive oil.

Assemble all the mango salsa ingredients in a mixing bowl and stir well.

Place 1/4 of the rice on a plate with 1/2 cup of the sautéed greens alongside it. Add the chicken and drape it with a bit of the mango salsa, leaving more on the side. Repeat with the remaining 3 plates.

Nutrition Information

Serves 4. Each serving contains 534 calories, 17 g fat, 3 g saturated fat, 0 g trans fat, 140 mg cholesterol, 155 mg sodium, 39 g carbohydrate, 4 g dietary fiber, 13 g sugar, and 13 g protein.

Each serving has 25% DV vitamin A, 114% DV vitamin C, 5% DV calcium, and 16% DV iron.

Chef's Tips:

This plate features the 5 basic flavors, which makes it a perfect way to enjoy the taste of eating great during Nutrition Month...

- Sour: Mango Salsa
- Bitter: Greens
- Salty: Brown Rice
- Sweet: Mango Salsa
- Umami: Salmon

BROUGHT TO YOU BY:

Institute of Community Services, Inc. - Project Head Start