

McKim & Ochoco Duration

Head Start Breakfast Menu



NeighborImpact
Supporting People. Strengthening Communities.

June 2019

Required Components (ALL 3 Required)	Sample- Ages 3-5 yrs. old
Fluid Milk	3/4c. Low-fat milk
Vegetable, Fruits, or portions of both	1/2c. Diced Peaches
Grains (oz. eq.)	½ Serving
Example: Bread Product	½ Slice
Meat (Optional)	1.5 oz. Sausage

This institution is and equal opportunity provider --- All Grain products are WGR, WG, or WW --- CN Labels/Recipes meet USDA/CACFP Minimum Requirements

Monday	Tuesday	Wednesday	Thursday	Friday
3 1 WG Waffle 1 Egg Patty 1/2c. Raspberries 3/4c. Non-Fat Milk	4 1/2c. Cheerios 1/2c. Applesauce 3/4c. Non-Fat Milk	5 1/4c. Quaker Oats w/ Cinnamon 1/2c. Sliced Fuji Apples 3/4c. Non-Fat Milk	6 3/4c. Yami Vanilla Yogurt ½ Banana 3/4c. Non-Fat Milk	7 MAKE-UP DAY 1 Blueberry Muffin 1/2c. Sliced Oranges 3/4c. Non-Fat Milk
10 1/2c. Chex 1/2c. Blueberries 3/4c. Non-Fat Milk	11 1 WG French Toast 1/4c. Tater Tots 1/4c. Peaches 3/4c. Non-Fat Milk	12 1 WW Bagel w/ Cream Cheese 1/2c. Applesauce 3/4c. Non-Fat Milk	13 1 Sausage Patty 1 English Muffin WGR 1/2c. Tropical Fruit Blend 3/4c. Non-Fat Milk	14 No School
17 3/4c. Yami Vanilla Yogurt 1/2c. Mixed Berries 3/4c. Non-Fat Milk	18 1 Egg Patty 1 English Muffin 1/2c. Mandarin Oranges 3/4c. Non-Fat Milk	19 1/2c. Kix Cereal 1/2c. Sliced Oranges 3/4c. Non-Fat Milk	20 1/4c. Quaker Oats w/ Cinnamon 1/2c. Peaches 3/4c. Non-Fat Milk	21 1 WG Pancake 1 Egg Patty 1/2c. Pears 3/4c. Non-Fat Milk
24 No School	25 No School	26 No School	27 No School	28 No School

R.D. Signature & Date _____