



NeighborImpact

Supporting People. Strengthening Communities.

McKim & Ochoco Duration

Head Start Snack Menu

June 2019

Required Components (2 Components out of 5)	Sample- Ages 3-5 yrs. old
Fluid Milk	1/2c. 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)	½ 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 1/2c. Rice Crispy 1 Fruit Cup (1/2c. Mixed Fruit) 1/2c. Non-Fat Milk	4 1/2c. Diced Peaches- Ochoco 1/2c. Diced Pears- Mckim 1/4c. Cottage Cheese	5 1 Bran Muffin 1oz. String Cheese	6 1/2c. Celery Sticks 1/4c. Dried Fruit 2 Tbs. Cream Cheese	7 MAKE-UP DAY 7 Whole Grain Pretzels ½ Banana
10 1 WG French Toast 1/4c. Dried Fruit	11 1oz. Sliced Cheese ½ oz. Whole Grain Crackers	12 1 Fruit Cup (1/2c. Mixed Fruit) ½ oz. Whole Grain Crackers	13 1/2c. Apple Slices 1 Blueberry Muffin WG	14 No School
17 1 WG Pancake 1 Egg Patty	18 14 Honey-Rite Graham Crackers 1/2c. Applesauce	19 7 Whole Grain Pretzels ½ Banana	20 1/2c. Orange Slices 1 Bran Muffin	21 1oz. Sliced Cheese ½ oz. Whole Grain Crackers
24 No School	25 No School	26 No School	27 No School	28 No School

R.D. Signature & Date _____