

Redmond & Prineville

Head Start Snack Menu



NeighborImpact

Supporting People. Strengthening Communities.

March 2019

Minimum Servings:

Meat/Meat Alternate-1.5 oz
 Grain ½ oz eq
 Cold Cereal ½ oz eq
 Hot Cereal ½ oz eq
 Fruit or Veggies 1/2c.
 Milk 3/4c.

Teachers Please Record Any Substitutions

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 14 Honey-Rite Graham Crackers 1/2c. Fruit Juice	5 1/2c. Yogurt 1/2c. Diced Peaches	6 1 Quesadilla (1 WG tortilla & 1/4c. Shredded Cheese) ½ Banana	7 1 English Muffin 3 Tbs. Sun Butter & Jelly	8 No School
11 1/2c. Bran Flakes 1/2c. Blueberries 3/4c. Non-Fat Milk	12 1/2c. Carrot Sticks w/ Ranch 1 Hard Boiled Egg	13 1 WG Breadstick 1 Pc. Sliced Cheese	14 14 Honey-Rite Graham Crackers 1/2c. Fruit Juice	15 No School
18 1/4c. Black Beans w/ Shredded Cheese 1/4c. Brown Rice	19 1/4c. Vanilla Yogurt 1/4c. Dried Fruit	20 7 Whole Grain Pretzels 1/2c. Mandarin Oranges	21 1/2c. Sweet Potato Fries w/ Ranch 1 String Cheese	22 MAKE UP DAY FOOD TBA
25 No School	26 No School	27 No School	28 No School	29 No School

R.D. Signature & Date _____