

# La Pine

## Head Start Breakfast Menu



### May 2019

Required Components	Sample- Ages 3-5 yrs. old
Meat/Meat Alternate	1.5 oz. Chicken Salad
Whole Grains	½ Serving WW Pita
Fruit	1/4c. Diced Peaches
Vegetable	1/4c. Green Beans
Milk	3/4c. Low-fat milk

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
		1 1 Pkg. Maple Pancakes 1/2c. Applesauce 3/4c. Non-Fat Milk	2 1/2c. Honey O's 1/2c. Fruit 3/4c. Non-Fat Milk	3  No School
6 1 Breakfast Burrito 1/2c. Fruit 3/4c. Non-Fat Milk	7 1/2 WW Bagel w/ Cream Cheese 1/2c. Fruit 3/4c. Non-Fat Milk	8 1/2c. Rice Crispy Cereal 1/2c. Blueberries 3/4c. Non-Fat Milk	9 1 Pkg. Strawberry Pancakes 1/2c. Fruit 3/4c. Non-Fat Milk	10  No School
13 1/4c. Quaker Oats Oatmeal ½ Banana 3/4c. Non-Fat Milk	14 1 Breakfast Burrito 1/2c. Apples 3/4c. Non-Fat Milk	15 1 Pkg. Blueberry Waffle Sticks 1/2c. Banana 3/4c. Non-Fat Milk	16 1 Egg Patty 1 Sausage Patty 1/2c. Fruit 3/4c. Non-Fat Milk	17  No School
20 1/2c. Rice Crispy Cereal 1/2c. Fruit 3/4c. Non-Fat Milk	21 3/4c. Fruit & Yogurt Smoothie 1/8c. Granola 3/4c. Non-Fat Milk	22 1 Egg Patty 1/2 WW English Muffin 1/2c. Apples 3/4c. Non-Fat Milk	23 1/4c. Quaker Oats Oatmeal 1/2c. Fruit 3/4c. Non-Fat Milk	24 ALL AM/PM MAKE UP DAY  1/2 WW Bagel w/ Cream Cheese 1/2c. Fruit 3/4c. Non-Fat Milk
27  No School	28  No School	29  No School	30  No School	31  No School

R.D. Signature & Date \_\_\_\_\_