



Mohawk Valley Community Action Agency, Inc. Child Development/Head Start/Early Head Start 2009-2010 Cycle Menus for 3-5 year olds



| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--|--|---|---|--|--|
| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| <u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk | 1/2 cup pear halves 1/2 slice whole wheat toast with 1/2 oz reduced fat cheddar cheese, melted 3/4 cup skim milk | 1/2 cup applesauce 1/2 biscuit 3/4 cup skim milk | 1/2 cup warm grapefruit wedges with sprinkle brown sugar 1/4 cup cooked oatmeal with raisins 3/4 cup skim milk | 1/2 cup fresh banana 1/2 croissant 3/4 cup skim milk | 1/2 cup diced pears 1 pancake 3/4 cup skim milk |
| <u>Lunch</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk | 2 oz Oven Baked Parmesan Chicken D-05 1/4 cup steamed broccoli 1/4 cup fresh apple slices 1/2 whole wheat roll 3/4 cup skim milk | 1 slice Broccoli Quiche D-08 1/4 cup mandarin oranges 3/4 cup skim milk | 3/8 cup Sweet-and-Sour Chicken D-06 1/4 cup stir fry vegetables 1/4 cup cooked brown rice or lo mien noodles 3/4 cup skim milk | 1 piece Macaroni and Cheese D-20 1/4 cup peas and carrots 1/4 cup tropical fruit or fresh in season fruit salad 3/4 cup skim milk | 1 serving (1/2 pita) Pizza-in-a-Pocket F-04 1/4 cup green salad with low fat dressing 1/4 cup apricot halves 4 oz low fat yogurt 3/4 cup skim milk |
| <u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk | 2 oz low fat yogurt 1/2 oz graham cracker sticks (about 2 crackers) Water | 1/2 toasted mini bagel with fruit spread 1/4 cup low fat cottage cheese Water | 1/2 cup fresh baby carrots with low fat ranch dressing 1/2 oz wheat crackers (about 4 crackers) Water | 1 serving Nachos G-3 1/8 cup diced tomatoes Water | 1/2 cup fresh apple slices with 1 tbsp peanut butter and 1 tbsp raisins 1/2 cup skim milk Water |



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| | Day 6 | Day 7 | Day 8 | Day 9 | Day 10 |
|--|---|--|---|---|---|
| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| Breakfast Juice or Fruit or Vegetable Grains/Breads Milk | 1/2 cup fresh banana 1/3 cup unsweetened cereal variety 3/4 cup skim milk | 1/2 cup pineapple tidbits 1 serving Baked Scrambled Eggs D-15 1/2 slice whole wheat toast 3/4 cup skim milk | 1/2 cup diced fresh in season fruit in 2 oz vanilla low fat yogurt 1/4 cup cooked oatmeal 3/4 cup skim milk | 1/2 cup mixed fruit 1/2 Biscuit 3/4 cup skim milk | 1/2 cup fresh orange slices 1 French Toast Stick 3/4 cup skim milk |
| Lunch Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk | 1/2 turkey breast sandwich on whole wheat bread 1/2 cup Broccoli Cheese Soup H-05 1/4 cup applesauce 3/4 cup skim milk | 1 1/2 oz lean, broiled hamburger patty 1/4 cup lettuce and tomato salad 1/4 cup tropical fruit salad 1/2 whole wheat bun 3/4 cup skim milk | 1 serving Oven Bake Chicken D-29 1/4 cup whole kernel corn 1/4 cup pear halves 3/4 cup skim milk | 1/2 cup Bean Soup H-08 with 1/2 oz diced turkey 1/4 cup green peas 1/4 cup apricot halves 1/2 piece cornbread (1/2 slice bread) 3/4 cup skim milk | 1 1/2 oz baked fish fillet 1/4 cup wax beans 1/4 cup stifed potatoes with 1/2 oz shredded cheddar cheese and 2 tbsp steamed broccoli 1 piece Corn Muffin Squares A-02A 1/2 cup gelatin dessert mix prepared with water and fruit 3/4 cup skim milk |
| Snack Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk | 1 serving Peach Muffin Squares A-16A 1/2 cup skim milk Water | 1/2 toasted English muffin with 1 tbsp peanut butter 1/2 cup skim milk Water | 1/4 cup lightly steamed broccoli and 1/4 cup lightly steamed carrots with 1 tbsp low fat ranch dressing 1/2 cup skim milk Water | 2 oz low fat yogurt sprinkled with 1 tbsp granola 1/2 cup sliced fresh in season fruit Water | 1/4 cup fresh pear 1/2 oz wheat crackers (about 4 crackers) 1/2 cup skim milk Water |

Menu subject to change. MVCAA, Inc. Nutrition Dept. 733-4873



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| | Day 11 | Day 12 | Day 13 | Day 14 | Day 15 |
|--|--|--|---|---|--|
| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| <u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk | 1/2 cup 100% orange juice 1 pancake 3/4 cup skim milk | 1/2 cup fresh banana slices 1/2 blueberry muffin 3/4 cup skim milk | 1/2 cup fresh orange sections 1/2 slice whole wheat toast with 1 tbsp peanut butter 3/4 cup skim milk | 1/2 cup sliced fresh strawberries or in-season fruit 1 piece Banana Bread Squares A-13 3/4 cup skim milk | 1/2 cup pear halves 1/2 waffle 3/4 cup skim milk |
| <u>Lunch</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk | 2/3 cup Ground Beef and Spanish Rice D-22 1/4 cup green beans 1/3 cup Orange Glazed Carrots I-12A 3/4 cup skim milk | 1/2 Toasted Cheese and Tomato Sandwich F-09 1/4 cup broccoli 1/4 cup pinto beans 1 fresh plum or in-season fruit 3/4 cup skim milk | 1 cup Stir-Fry Chicken D-18 3/8 cup Not Fried Rice A-08 1/4 cup diced peaches 3/4 cup skim milk | 1/2 cup Lentil Soup H-07 with 1/2 oz cheese and 1/2 oz turkey ham as garnish 1/4 cup steamed spinach 1/2 piece cornbread 3/4 cup skim milk | 1/2 toasted turkey sandwich with 1 1/2 oz turkey on 1 slice whole wheat bread with light mayonnaise 1/4 cup green peas 1/4 cup oven baked potato wedges 3/4 cup skim milk |
| <u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk | 3/8 cup Yogurt Fruit Dip G-04 1/2 cup fresh pear slices Water | 1/2 oz graham crackers (about 2 crackers) 1/2 cup applesauce Water | 1/2 oz wheat crackers (about 4 crackers) 1/2 oz reduced fat cheddar cheese Water | 1/2 slice whole wheat bread 1 tbsp peanut butter Water | 1/2 oz reduced fat cottage cheese 1/2 cup diced peaches Water |



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| | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 |
|--|---|--|--|---|--|
| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| <u>Breakfast</u> Juice or Fruit or Vegetable Grains/Breads Milk | 1/2 cup 100% orange juice Vegetable omelet with 3/4 egg, 2 tbsp canned mushrooms, 2 tbsp green peppers 1/2 slice whole wheat toast 3/4 cup skim milk | 1/2 cup diced pears 1/2 cup whole grain English muffin with 1/2 oz reduced fat cheddar cheese 3/4 cup skim milk | 1/2 cup pineapple tidbits 1 French toast stick 3/4 cup skim milk | 1/2 cup diced peaches 1/2 whole grain bagel with 1 tbsp peanut butter 3/4 cup skim milk | 1/2 cup fresh banana slices 1/2 biscuit 3/4 cup skim milk |
| <u>Lunch</u> Meat or Meat Alternate Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk | 1 soft chicken taco with 1 1/2 oz chicken, 1 tbsp shredded lettuce, 1 tbsp diced tomato, and 1 tbsp salsa on tortilla 1/4 cup steamed green beans 1/4 cup apricot halves 3/4 cup skim milk | 1/2 Banana-Peanut Butter Sandwich F-03A 1/4 cup fresh apple slices with 1/4 cup Yogurt Fruit Dip G-04 1/4 cup Broccoli Salad E-11 3/4 cup skim milk | 3/4 cup spaghetti and meat sauce (1 1/2 oz meat, 1/4 cup pasta) 1/4 cup green salad with 1 tbsp shredded carrots and low fat dressing 1/4 cup fresh orange sections 3/4 cup skim milk | 1 oz roasted sliced turkey 1/4 cup black beans 1/4 cup Orange-Glazed Sweet Potatoes I-12 1/4 cup tropical fruit salad 1/2 whole wheat roll 3/4 cup skim milk | 1 Bean Burrito D-12A 1/4 cup lettuce and tomato salad with low fat dressing 1/4 cup diced peaches 3/4 cup skim milk |
| <u>Snack</u> Select two of the following: Meat or Meat Alternate Vegetable or Fruit or Juice Grains/Breads Milk | 1 piece Peach Muffin Squares A-16A 1/2 cup skim milk Water | 1/2 cup fresh fruit salad 1 oz low fat cottage cheese Water | 2 oz low fat vanilla yogurt 1/2 cup diced peaches Water | 1/2 oz graham crackers Low fat cream cheese 1/2 cup skim milk Water | 1/2 oz reduced fat cheddar cheese 1/2 oz wheat crackers (about 4 crackers) Water |