



*Helping Families,
Strengthening Communities*

**Hinds County Human Resource Agency
Project Head Start**

**6-Week Cycle Menus
School Year 2020-2021**

October 12, 2020 - November 20, 2020

**Children's Services Division
Nutrition Services**



Six-Week Cycle Menus

(Week 1) October 12-16, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Orange Wedges* Whole Wheat Toast (WG) Whole Milk or 1% Milk	Applesauce Biscuit (WG) Whole Milk or 1% Milk	Sliced Bananas Cheese Grits Whole Milk or 1% Milk	Mandarin Oranges+* Rice Chex Cereal Whole Milk or 1% Milk	Sliced Peaches+ Bagel (WG) Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternative Vegetable and/or Fruits Bread Fluid Milk	BBQ Honey Chicken Chunks Broccoli+* Sliced Peaches+ Roll (WG) Whole Milk or 1% Milk	Ham Sandwich (WG) Mixed Veggies+ Crushed Pineapple* Whole Milk or 1% Milk	Cheeseburger Trimmings Bun (WG) Baked Sweet Potato Fries* Crushed Pineapple* Whole Milk or 1% Milk	Grilled Chicken Fillet Mashed Potatoes Orange Wedges* Roll (WG) Whole Milk or 1% Milk	Chicken Salad Trimmings Raw Bagged Apples Slices Crackers (WG) Whole Milk or 1% Milk
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread	Low-Fat Yogurt Granola (WG)	100% Grape Juice Cheez-It Crackers	Applesauce Cup Ritz Crackers	Low-Fat Yogurt Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

* = Vitamin C Food

+ = Vitamin A Food

(WG) = Whole Grain

NOTE: Due to COVID-19, bottled water will be provided and readily available to children at all times.

Six-Week Cycle Menu

(Week 2) October 19-23, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Apple Slices Whole Wheat Toast (WG) Whole Milk or 1% Milk	Mandarin Oranges+* Oatmeal (WG) Whole Milk or 1% Milk	Sliced Peaches+ Fruit Flavored Cereal Bar (WG) Whole Milk or 1% Milk	Banana Rice Krispy Whole Milk or 1% Milk Whole	Sliced Peaches+ Banana Muffin Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternative Vegetable and/or Fruits Bread Fluid Milk	Cheese Pizza (WG) Creamed Corn Diced Peaches*+ Whole Milk or 1% Milk	Turkey Sandwich (WG) Broccoli+ Tropical Fruit Whole Milk or 1% Milk	Spaghetti w/ Meat Sauce (WG) Green Beans + Diced Peaches+* Whole Milk or 1% Milk	Turkey Sandwich (WG) Carrots Baked Sweet Potatoes* Sliced Apples Whole Milk or 1% Milk	Tuna Salad Raw Broccoli+* Crushed Pineapples* Crackers Whole Milk or 1% Milk
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread	100% Grape Juice Cheez-It Crackers	Diced Peaches+ Cheez-It Crackers	Applesauce Cup Ritz Crackers	Apple Slices Gold Fish Giant Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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Six-Week Cycle Menu

(Week 3) October 26-30, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Centers Closed Parent/Staff Conference	Mandarin Oranges+* Blueberry Muffin (WG) Whole Milk or 1% Milk	Diced Pears Crispy Rice Chex Whole Milk or 1% Milk	Strawberries* Waffle (WG) Whole Milk or 1% Milk	Mandarin Oranges+* Pumpkin Slice Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternative Vegetable and/or Fruits Bread Fluid Milk		Breaded Chicken (WG) Tenders w/ Honey Mustard Sauce Lima Beans Whole Milk or 1% Milk	Ham Sandwich (WG) Mixed Veggies+ Crushed Pineapple* Whole Milk or 1% Milk	BBQ Pork Rib Patty Baked Fries Tropical Fruits* Bun (WG) Whole Milk or 1% Milk	Grilled Chicken Fillet Mashed Potatoes Orange Wedges* Roll (WG) Whole Milk or 1% Milk
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread		Raw Broccoli + w/ Lite Ranch Ritz Crackers	100% Grape Juice Cheez-It Crackers	Applesauce Cup Ritz Crackers	Apple Slices Gold Fish Giant Cinnamon Graham Crackers

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Six-Week Cycle Menu

(Week 4) November 2-5, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Mandarin Oranges+* Banana Muffin (WG) Whole Milk or 1% Milk	Applesauce Cups Honey Nut Cheerios (WG) Whole Milk or 1% Milk	Sliced Peaches+ Fruit Flavored Cereal Bar (WG) Whole Milk or 1% Milk	Mandarin Oranges+* Pumpkin Slice Whole Milk or 1% Milk	Crushed Pineapple* Rice Chex Cereal Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternative Vegetable and/or Fruits Bread Fluid Milk	Chicken Fajitas Green Salad Mix w/ Tomatoes+* Ranch Mandarin Oranges+ Soft Tortilla (WG) Whole Milk or 1% Milk	Ham Sandwich (WG) Mixed Veggies+ Baked Apples Whole Milk or 1% Milk	Mandarin Chicken Broccoli + Crushed Pineapple* Brown Rice (WG) Whole Milk or 1% Milk	Grilled Chicken Salad Shredded Lettuce w/ Tomatoes* Pear Halves Crackers (WG) Whole Milk or 1% Milk	Tuna Salad Carrots Crushed Pineapples* Crackers Whole Milk or 1% Milk
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread	Raw Broccoli + w/ Lite Ranch Ritz Crackers	100% Grape Juice Cheez-It Crackers	Applesauce Cup Ritz Crackers	Apple Slices Gold Fish Giant Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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Six-Week Cycle Menu

(Week 5) November 9-13, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Mandarin Oranges+* Banana Muffin (WG) Whole Milk or 1% Milk	Applesauce Cups Cheerios Cereal Whole Milk or 1% Milk	Sliced Peaches+ Cereal Bar Whole Milk or 1% Milk	Mandarin Oranges+* Pumpkin Slice Whole Milk or 1% Milk	Crushed Pineapple* Crispy Rice Chex Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternative Vegetable and/or Fruits Bread Fluid Milk	Mexican Pizza (WG) Creamed Corn Sliced Peaches+ Whole Milk or 1% Milk	Ham Sandwich (WG) Mixed Veggies+ Crushed Pineapple* Whole Milk or 1% Milk	Tacos w/ Trimmings Shredded Cheese Corn Crushed Pineapple* Soft Tortilla (WG) Whole Milk or 1% Milk	Grilled Chicken Fillet Mashed Potatoes Orange Wedges* Roll (WG) Whole Milk or 1% Milk	Chicken Salad Trimmings Raw Bagged Apples Slices Crackers (WG) Whole Milk or 1% Milk
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread	Raw Broccoli + w/ Lite Ranch Ritz Crackers	100% Grape Juice Cheez-It Crackers	Applesauce Cup Ritz Crackers	Apple Slices Gold Fish Giant Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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Six-Week Cycle Menu

(Week 6) November 16-20, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Applesauce Cups Cheerios Cereal Whole Milk or 1% Milk	Banana Rice Krispy Whole Milk or 1% Milk Whole	Sliced Peaches+ Cereal Bar Whole Milk or 1% Milk	Mandarin Oranges+* Pumpkin Slice Whole Milk or 1% Milk	Crushed Pineapple* Crispy Rice Chex Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternative Vegetable and/or Fruits Bread Fluid Milk	Philly Cheesesteak Baked Sweet Potato Fries+ Orange Wedges* Wrap (WG) Whole Milk or 1% Milk	Turkey Sandwich (WG) Carrots Baked Sweet Potatoes* Sliced Apples Whole Milk or 1% Milk	Turkey Sandwich (WG) Broccoli+ Tropical Fruit Whole Milk or 1% Milk	Turkey Sandwich (WG) Carrots Baked Sweet Potatoes* Sliced Apples Whole Milk or 1% Milk	Tuna Salad Raw Broccoli+* Crushed Pineapples* Crackers Whole Milk or 1% Milk
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread	100% Grape Juice Cheez-It Crackers	Apple Slices Gold Fish Giant Cinnamon Graham Crackers	Applesauce Cup Ritz Crackers	Apple Slices Gold Fish Giant Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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(WG) = Whole Grain

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