



*Helping Families,
Strengthening Communities*

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

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

**Children's Services Division
Nutrition Services**



Six-Week Cycle Menus

(Week 1) November 23 – November 27, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Staff In-Service Training Centers Closed for Children	Employee Appreciation Event Centers Closed for Children	Thanksgiving Observance Holiday	Thanksgiving Day Holiday	Thanksgiving Observance Holiday
<u>Lunch</u> Meat/Alternate Vegetable and/or Fruits Bread Fluid Milk					
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread					

* = 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) November 30 – December 4, 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/Alternate 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 Giant Gold Fish Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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Six-Week Cycle Menu

(Week 3) December 7-11, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	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	Crushed Pineapple* Crispy Rice Chex (WG) Whole Milk or 1% Milk
<u>Lunch</u> Meat/Alternate Vegetable and/or Fruits Bread Fluid Milk	Breaded (WG) Chicken 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	Chicken Salad Trimming 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 Giant Gold Fish Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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+ = Vitamin A Food

(WG) = Whole Grain

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Six-Week Cycle Menu

(Week 4) December 14-18, 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	Cornflakes Banana or Other Fresh Fruit 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/Alternate Vegetable and/or Fruits Bread Fluid Milk	Chicken Fajitas Green Salad Mix w/ Tomatoes+* and Ranch Mandarin Oranges+ Soft Tortilla (WG) Whole Milk or 1% Milk	Ham Sandwich (WG) Mixed Veggies+ Baked Apples Whole Milk or 1% Milk	Ham (Buffet Ham) Field Peas + Macaroni and Cheese Banana Pudding (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 Giant Gold Fish Cinnamon Graham Crackers	100% Orange Pineapple Juice* Sliced Banana Bread (WG)

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Six-Week Cycle Menu

(Week 5) December 21-25, 2020

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Centers Closed	Centers Closed	Centers Closed	Christmas Eve Holiday	Christmas Day Holiday
<u>Lunch</u> Meat/Alternate Vegetable and/or Fruits Bread Fluid Milk					
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread					

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Six-Week Cycle Menu

(Week 6) December 28, 2020 – January 1, 2021

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Fruits/Juice Bread/Cereal Fluid Milk	Centers Closed	Centers Closed	Centers Closed	Centers Closed	New Year's Day Holiday
<u>Lunch</u> Meat/Alternate Vegetable and/or Fruits Bread Fluid Milk					
<u>Snack (2 of the 4)</u> Vegetable/Fruits Meat/Alternative Fluid Milk Bread					

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(WG) = Whole Grain

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