EXHIBIT "A"

NUMBER OF MEALS:

SITE LOCATION(S)	BREAKFAST	LUNCH	P.M. SUPPLEMENTS	SUPPER
	Approximates	Approximates	Approximates	
Enrollees	202	202	202	N/A
Adults	22	22	22	N/A

*Important Note:

Center Supervisor shall notify School Nutrition Manager and Shelby County Government Head Start Nutrition Specialist of any special meal requests:

SITE ADDRESS:

Dunbar Elementary	30 meals	2606 Select Avenue, Memphis, TN 38114
Graceland Elementary	44 meals	3866 Pattie Ann Drive, Memphis, TN 38109
Levi Elementary	60 meals	3939 S. Third Street, Memphis, TN 38109
Riverview Elementary	30 meals	260 Joubert Avenue, Memphis, TN 38109
South Park Elementary	30 meals	1720 Getwell, Memphis, TN 38111
Sheffield Elementary	30 meals	4290 Chuck, Memphis, TN 38118

EXHIBIT "B"

SAMPLE MENUS

See Attached

MEMPHIS CITY SCHOOLS HEAD START MENU FEBRUARY 2008

Monday, February 4, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
Special K Cereal ¾ oz
Graham Crackers 3
2% Milk ¾ - 1 cup

Lunch
Chicken (1 oz) Vegetable Soup 1 cup w/
Soup Vegetables ¼ cup
Lunch meat (½ oz) Sandwich 1/2
Enriched Sandwich Bread 1 Slice
Chilled Pineapple ¼ cup
Raisins w/Celery Sticks ¼ cup (RAW)
2% Milk ¾ - 1 cup

Snack
Sliced Bologna ½ oz
Snack Mix ¾ oz
Water

Tuesday, February 5, 2008
Breakfast
X Fresh Orange Wedges ½ cup (VIT C, RAW)
Breakfast Burrito w/ ½ oz protein & Tortilla=1 Slice Enriched Bread
2% Milk ¾ - 1 cup

Lunch
Lasagna w/ 1 ½ oz Ground Beef/Cheese &
Enriched Lasagna Noodles
Whole Kernel Corn ¼ cup
Southern Style Green Beans ¼ cup
Breadstick 1
2% Milk ¾ - 1 cup

Snack
Vanilla Wafers ¾ oz
2% Milk ½ cup

Wednesday, February 6, 2008
Breakfast
X Fresh Orange Wedges ½ cup (VIT C)
Cheese (1/2 oz) Toast 1
2% Milk ¾ - 1 cup

Lunch
BBQ Pork Roast 1 ½ oz
Baked Beans ¼ cup
California Blend Vegetables ¼ cup
Coleslaw ¼ cup (RAW)
Wheat Roll 1
2% Milk ¾ - 1 cup

Snack
Fresh Apple Slices ½ cup
Cheddar Fetti ¾ oz
Grape Juice ½ cup

Thursday, February 7, 2008
Breakfast
Chunky Applesauce ½ cup
Sausage Patty 1
Hot Biscuit 1
2 % Milk ¾ - 1 cup

Lunch – Chinese New Year
Chicken Stir Fry (1 ½ oz Chicken)
Steamed Rice
Orange Glazed Carrots ¼ cup
X Steamed Broccoli ¼ cup (VIT C)
Garden Salad (Lettuce, Tomatoes, Cucumbers) 1/4 cup (RAW)
Enriched Wheat Bread ½ Slice
2% Milk ¾ - 1 cup

Snack
Vanilla Wafers ¾ oz
2% Milk ½ cup

Friday, February 8, 2008
Breakfast
Chilled Peaches ½ cup
Cheese Snack ½ oz
Wheat Toast 1
2% Milk ¾ -1 cup

Lunch
Fish Sticks (1 ½ oz) w/Macaroni & Cheese
Mixed Vegetables ¼ cup
Fresh Sliced Kiwi ¼ cup (RAW)
Enriched Bread ½ Slice
2% Milk ¾ - 1 cup

Snack
Bear Grahams ¾ oz
X Fresh Orange Wedges ½ cup (VIT C)
Water

Monday, February 11, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
Raisin Bran Cereal ¾ oz
Toast 1 w/Jelly
2% Milk ¾ - 1 cup

Lunch
Sloppy Joe (1 ½ oz Ground Beef)
Whipped Potatoes ¼ cup
California Blend Vegetables ¼ cup (No Cheese Sauce)
Crispy Tossed Salad (Lettuce, Tomatoes, Cucumbers) 1/8 cup (RAW)
Heated Bun 1
2% Milk ¾ - 1 cup

Snack
Cheese Cubes ½ oz
Graham Crackers 3
Chilled Applesauce ½ cup
Water

Tuesday, February 12, 2008
Breakfast
Chilled Fruit Cocktail ½ cup
European Waffle Sticks (3) w/Syrup
2% Milk ¾ - 1 cup

Lunch
Hot Ham & Cheese (1 ½ oz) Sandwich
Whole Kernel Corn ¼ cup
X Steamed Spinach ¼ cup (1/2 VIT C)
X Fresh Tomato Cubes ¼ cup (1/2 VIT C, RAW)
Heated Bun 1
2% Milk ¾ - 1 cup

Snack
Lunchmeat ½ oz
Saltine Crackers 4
2% Milk ½ cup

Wednesday, February 13, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
Yogurt 4 oz
Graham Crackers 3
2% Milk ¾ - 1 cup

Lunch
Chicken (1 ½ oz) Tetrazinni
Noodles ¼ cup
Baked Apples ¼ cup
Steamed Baby Carrots ¼ cup
Garden Salad w/Lettuce, Tomatoes & Green Peppers 1/8 cup (RAW)
Wheat Roll 1
2% Milk ¾ - 1 cup

Snack
Animal Cookies ¾ oz
Chilled Mixed Fruit ½ cup
Water

Thursday, February 14, 2008 (Sweethearts Day)
Breakfast
Chilled Peach Cup ½ cup
Breakfast Bagel 1
2% Milk ¾ - 1 cup

Lunch
Hot Dog Strips 1 ½ oz (Cut Lengthwise)
Potato Batter Bites ¼ cup
X Steamed Broccoli ¼ cup (VIT C)
Crispy Veggies (Carrots & Celery) ¼ cup w/Dip (RAW)
Heated Hot Dog Bun 1
2% Milk ¾ - 1 cup

Snack
Deli Turkey (½ oz) Sandwich ½
Enriched Bread 1
2% Milk ½ cup

Friday, February 15, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
String Cheese ½ oz
Banana Fruit Loaf 1
2 % Milk ¾ - 1 cup

Lunch
Cheeseburger 1 ½ oz Ground Beef & Cheese
Crinkle Cut Potatoes ¼ cup
Oriental Vegetables ¼ cup
Lettuce & Tomato Cup 1/8 cup (RAW)
Heated Hamburger Bun 1
2 % Milk ¾ - 1 cup

Snack
Fresh Pear Slices ½ cup
Brownie 1
Water

Monday, February 18, 2008
In-Service Training
Centers Closed

Tuesday, February 19, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
Turkey Sausage Links 2
Multi Grain Cheerios ¾ oz
Toast 1
2% Milk ¾ - 1 cup

Lunch
Bean & Cheese Burrito (1/2 cup Dried Beans + ½ oz Cheese) w/Salsa & Tortilla = 1 Slice Enriched Bread
Whole Kernel Corn ¼ cup
Carrot Sticks 1/8 cup (RAW)
Chilled Pears ¼ cup
2% Milk ¾ - 1 cup

Snack
Oatmeal Cookies ¾ oz
2% Milk ½ cup

Wednesday, February 20, 2008
Breakfast
X Fresh Orange Wedges ½ cup (VIT C)
Breakfast Ham ½ oz
Hot Biscuit 1
2% Milk ¾ -1 cup

Lunch
Oven Baked Chicken 1 ½ oz
Sweet Potatoes ¼ cup

Turnip Greens ¼ cup
Fresh Garden Salad (Lettuce, Tomatoes & Cucumbers) 1/8 cup (RAW)
Cornbread 1
2% Milk ¾ - 1 cup

Snack
Butter Cookies ¾ oz
Grape Juice ½ cup

Thursday, February 21, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
Sausage Patty 1
Toast 1
2% Milk ¾ - 1 cup

Lunch
Soft Shell Taco (1 ½ oz Ground Beef & Cheese)
Corn on the Cob ¼ cup
Pinto Beans ¼ cup
Lettuce & Tomato Cup 1/8 cup (RAW)
Tortilla = 1 Slice Enriched Bread
2% Milk ¾ - 1 cup

Snack
Fresh Banana ½ cup
Vanilla Wafers ¾ oz
2% Milk ½ cup

Friday, February 22, 2008
Breakfast
Apple Juice ½ cup
Sausage Kolache w/ Sausage ½ oz & Breading = 1 Slice Enriched Bread
2 % Milk ¾ - 1 cup

Lunch
Italian Spaghetti w/ 1 ½ oz Ground Beef & Cheese
Spaghetti Noodles
Southern Style Green Beans ¼ cup
Coleslaw ¼ cup (RAW)

Breadstick 1
2 % Milk ¾ - 1 cup
BIRTHDAY CAKE

Snack
Teddy Grahams ¾ oz
X Fresh Orange Wedges ½ cup (VIT C)
Water

Monday, February 25, 2008
Breakfast
X Fresh Orange Wedges ½ cup (VIT C, RAW)
Special K Cereal ¾ oz
Toast 1 w/Jelly
2 % Milk ¾ - 1 cup

Lunch
Homestyle Chili ½ cup (Must use Dried Beans)
Crinkle Cut Potatoes ¼ cup
California Blend Vegetables ¼ cup
Crackers 4
Chilled Applesauce ¼ cup
2 % Milk ¾ - 1 cup

Snack
Vanilla Wafers ¾ oz
Grape Juice ½ cup

Tuesday, February 26, 2008
Breakfast
X Orange Juice ½ cup (VIT C)
Breakfast Burrito w/ ½ oz protein & Tortilla = 1 Slice Enriched Bread
2 % Milk ¾ - 1 cup

Lunch
Oven Baked Chicken 1 ½ oz
Potatoes au Gratin ¼ cup
Black-eyed Peas ¼ cup
Carrot Sticks 1/8 cup w/Dip (RAW)

Cornbread 1
Chilled Pineapple ¼ cup
2 % Milk ¾ - 1 cup

Snack
Butter Cookies ¾ oz
2 % Milk ½ cup

Wednesday, February 27, 2008
Breakfast
Chilled Peaches ½ cup
Yogurt 4 oz
Graham Crackers 3
2 % Milk ¾ - 1 cup

Lunch
Corn Dog Nuggets (1 ½ oz Hot Dogs)
Corn on the Cob ¼ cup
X Steamed Broccoli ¼ cup (VIT C)
Fresh Sliced Cucumbers 1/8 cup (RAW)
Wheat Roll 1
Baked Apples ¼ cup
2 % Milk ¾ - 1 cup

Snack
Oatmeal Cookies ¾ oz
Grape Juice ½ cup

Thursday, February 28, 2008
Breakfast
Chilled Fruit Cup (Peaches, Pears, Grapes) ½ cup
Breakfast Ham ½ oz
Breakfast Bagel 1
2 % Milk ¾ - 1 cup

Lunch
Chicken (1 ½ oz) Pot Pie
X Chopped Spinach ¼ cup (1/2 VIT C)
X Fresh Tomato Cubes ¼ cup (1/2 VIT C)

Garlic Toast Strips 3
Fresh Sliced Kiwi ¼ cup (RAW)
2 % Milk ¾ - 1 cup

Snack
Vanilla Wafers ¾ oz
2 % Milk ½ cup

Friday, February 29, 2008
Breakfast
Chilled Applesauce ½ cup
Hard Cooked Egg 1
Banana Fruit Loaf 1
2 % Milk ¾ - 1 cup

Lunch
Cheeseburger 1 ½ oz Ground Beef & Cheese
Whole Kernel Corn ¼ cup
X Steamed Broccoli ¼ cup (VIT C)
Fresh Sliced Pear ¼ cup (RAW)
Heated Hamburger Bun 1
2 % Milk ¾ - 1 cup

Snack
Butter Cookies ¾ oz
Grape Juice ½ cup