MEMPHIS CITY SCHOOLS HEAD START MENU JANUARY 2008

Monday, January 7, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
Special K Cereal ¾ oz
2% Milk ¾ -1 cup

LUNCH
Pizza w/ 1 ½ oz Ground Beef & Cheese & Crust = 1 Slice Enriched Bread
Steamed Baby Carrots ¼ cup
Celery Sticks 1/8 cup (RAW)
Chilled Applesauce ¼ cup
2% Milk ¾ -1 cup

SNACK
Bologna Slice ½ oz protein
Snack Mix ¾ oz
Water

Tuesday, January 8, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
Cheese (1/2 oz) Toast 1
2% Milk ¾-1 cup

LUNCH
BBQ Pork (1 ½ oz)
Baked Beans ¼ cup
California Blend Vegetables ¼ cup (No Cheese)
Sliced Cucumbers 1/8 cup (RAW)
Wheat Roll 1
2% Milk ¾ -1 cup

SNACK
Raisins ½ cup
2% Milk ½ cup

Wednesday, January 9, 2008
BREAKFAST
X Fresh Orange Wedges ½ cup (VIT C, RAW)
Turkey Sausage Links 2
Cinnamon Swirl Toast 1
2% Milk ¾ -1 cup

LUNCH
Lasagna (1 ½ oz Ground Beef & Cheese & Noodles ¼ cup)
Southern Style Green Beans ¼ cup
Crispy Veggies ¼ cup w/ Dip
Breadstick 1
2% Milk ¾-1 cup

SNACK
Butter Cookies ¾ oz
Apple Juice ½ cup

Thursday, January 10, 2008
BREAKFAST
Chilled Pears ½ cup
Yogurt Cup 4 oz
Muffin 1
2% Milk ¾ -1 cup

LUNCH
Mexican Casserole (1 ½ oz Ground Beef & Cheese)
Potato Wedges ¼ cup
X Broccoli ¼ cup (VIT C) (No Cheese Sauce)
Crispy Tossed Salad ¼ cup (RAW) w/Lettuce, Tomatoes & Cucumbers
Enriched Wheat Bread ½ Slice
2% Milk ¾ - 1 cup

SNACK
Vanilla Wafers ¾ oz
2% Milk ½ cup

Friday, January 11, 2008
BREAKFAST
Chilled Sliced Peaches ½ cup
Sausage Patty 1
Hot Biscuit 1
2% Milk ¾ - 1cup

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

SNACK
Bear Grahams ¾ oz
X Orange Juice ½ cup (VIT C)

Monday, January 14, 2008
BREAKFAST
Fresh Banana ½ cup (RAW)
Multigrain Cheerios ¾ oz
Graham Crackers 3
2 % Milk ¾ - 1 cup

LUNCH
Chicken Nuggets 1 ½ oz Chicken
Whipped Potatoes ¼ cup
X Steamed Broccoli ¼ cup (VIT C)
Chilled Pineapple ¼ cup
Enriched Bread ½ Slice
2 % Milk ¾ - 1 cup

SNACK
Cheese Cubes ½ oz
Saltine Crackers 4
Grape Juice ½ cup

Tuesday, January 15, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
Breakfast Burrito 1 w/1/2 oz Meat & Tortilla = 1 Slice Enriched Bread
2% Milk ¾ - 1 cup

LUNCH
Hot Ham & Cheese (1 ½ oz) Sandwich 1
Whole Kernel Corn ¼ cup
Southern Style Green Beans ¼ cup
Celery Sticks 1/8 cup (RAW)
Enriched Bread 2
Fruity Jello w/1/4 cup Fruit Cocktail
2% Milk ¾ - 1 cup

SNACK
Animal Crackers ¾ oz
2% Milk ½ cup

Wednesday, January 16, 2008
BREAKFAST
X Fresh Orange Wedges ½ cup (VIT C)

Cinnamon Breakfast Square 1
2 % Milk ¾ -1 cup

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

SNACK
Yogurt Cup 4 oz
Animal Cookies ¾ oz
Water

Thursday, January 17, 2008
BREAKFAST
Fruit Cup w/ Grapes, Peaches, Pears, Pineapple ½ cup
Breakfast Bagel 1
2% Milk ¾ - 1 cup

LUNCH
Hot Dog (1 ½ oz Split Lengthwise)
Baked Beans ¼ cup
X Turnip Greens ¼ cup (1/2 VIT C)
X Cole Slaw ¼ cup (RAW) (1/2 VIT C)
Hot Dog Bun 1
2% Milk ¾ -1 cup

SNACK
Bologna Slice ½ oz
Fresh Grapes ½ cup (Cut in Half)
Milk ½ cup

Friday, January 18, 2008
BREAKFAST
Chilled Pineapple ½ cup
Chicken Patty ½ oz
Hot Biscuit 1
2% Milk ¾ - 1 cup

LUNCH
Cheeseburger (1 ½ oz Ground Beef & Cheese)
Crinkle Cut Potatoes ¼ cup
X Steamed Broccoli ¼ cup (VIT C)

Lettuce & Tomato Cup 1/8 cup (RAW)
Hamburger Bun 1
2% Milk ¾-1cup

SNACK
Brownie ¾ oz
Fresh Pear Slices ½ cup
Water

Monday, January 21, 2008
MARTIN LUTHER KING, JR
HOLIDAY

Tuesday, January 22, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
European Waffle Sticks 3
Cheese Snack ½ oz
2% Milk ¾ -1 cup

LUNCH
Turkey (1 ½ oz) Salad
Whole Kernel Corn ¼ cup
Carrot Sticks 1/8 cup (RAW)
Chilled Pears ¼ cup
Crackers 4
2 % Milk ¾ - 1 cup

SNACK
Oatmeal Cookies ¾ oz
2 % Milk ¾ - 1 cup

Wednesday, January 23, 2008
BREAKFAST
X Fresh Orange Wedges ½ cup (VIT C, RAW)
Sausage Patty 1
Hot Biscuit 1
2% Milk ¾ - 1 cup

LUNCH
Roast Pork (1 ½ oz) w/ Gravy
Whipped Potatoes ¼ cup
Turnip Greens ¼ cup
Cornbread 1
2% Milk ¾ - 1 cup
BIRTHDAY CAKE 1

SNACK
Bear Grahams ¾ oz
Apple Juice ½ cup

Thursday, January 24, 2008
BREAKFAST
X Orange Juice 1/2 cup (VIT C)
Banana Fruit Loaf 1
String Cheese ½ oz
2% Milk ¾ - 1 cup

LUNCH
MAKE YOUR OWN TACO
Seasoned Ground Beef 1 oz
Pinto Beans ¼ cup
Shredded Cheese ½ oz
Shredded Lettuce 1/8 cup (RAW)
Diced Fresh Tomatoes 1/8 cup (RAW)
Taco Shells 2
Mild Taco Sauce 1 package
2% Milk ¾ -1 cup

SNACK
Cheese Crackers 4 (¾ oz)
2 % Milk ½ cup

Friday, January 25, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
Sausage Patty 1
Mini Pancakes 3 w/ Syrup
2% Milk ¾ - 1 cup

LUNCH
Italian Spaghetti w/ 1 ½ oz Ground Beef & Noodles
Southern Style Green Beans ¼ cup
Cole Slaw ¼ cup (RAW)
Breadstick 1
2% Milk ¾ - 1 cup

SNACK
Fresh Apple Slices ½ cup
Vanilla Wafers ¾ oz
Water

Monday, January 28, 2008
BREAKFAST
Fresh Banana ½ Medium
Special K Cereal ¾ oz
Graham Crackers 3
2% Milk ¾ - 1 cup

LUNCH
Chili w/ Cheese (Made w/ ½ cup Dried Beans)
Crinkle Cut Potatoes ¼ cup
California Blend Vegetables ¼ cup
Carrot Sticks 1/8 cup (RAW)
Crackers (18 Grams)
2% Milk ¾ - 1 cup

SNACK
X Fresh Orange Wedges ½ cup (VIT C)
Cheddar Fetti ¾ oz
Water

Tuesday, January 29, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
Breakfast Ham ½ oz
Hot Biscuit 1
2 % Milk ¾ - 1 cup

LUNCH
Bean & Cheese Burrito w/ Salsa (Made with 1/2 cup Dried Beans & Tortilla = 1
Slice Enriched Bread
Potatoes au Gratin ¼ cup Potatoes
Steamed Baby Carrots ¼ cup
Fresh Sliced Apples ¼ cup (RAW)
2 % Milk ¾ - 1 cup

SNACK
Bear Grahams ¾ oz
2 % Milk ½ cup

Wednesday, January 30, 2008
BREAKFAST
X Orange Juice ½ cup (VIT C)
Cinnamon Swirl Toast 1
2 % Milk ¾ - 1 cup

LUNCH
Oven Baked Chicken (1 ½ oz)
Blackeyed Peas ¼ cup
Steamed Spinach ¼ cup
Fresh Garden Salad 1/8 cup w/ Lettuce, Tomatoes & Cucumbers (RAW)
Cornbread 1
Apple Crisp w/¼ cup Apples
2 % Milk ¾ - 1 cup

SNACK
Oatmeal Cookies ¾ oz
Grape Juice ½ cup

Thursday, January 31, 2008
BREAKFAST
Sliced Peaches ½ cup
Raisin Bran ¾ oz
Cheese Snack ½ oz
2 % Milk ¾ - 1 cup

LUNCH
Chicken Pot Pie (1 ½ oz Chicken & Crust = 1 Slice Enriched Bread)
Potato Wedges ¼ cup
X Steamed Broccoli ¼ cup (VIT C)
Wheat Roll 1
2 % Milk ¾ - 1 cup

SNACK
Fresh Grapes ½ cup (RAW) (Grapes cut in Half)
Graham Crackers 3
2 % Milk ½ cup

Friday, February 1, 2008
BREAKFAST
Chilled Applesauce ½ cup
Sausage Kolache 1 w/ ½ oz Sausage & Wrapping = 1 Slice Enriched Bread
2 % Milk ¾ - 1 cup

LUNCH
Meat Ball (1 ½ oz Ground Beef) Hoagie
Whole Kernel Corn ¼ cup
X Turnip Greens ¼ cup (1/2 VIT C)
X Fresh Tomato Cubes 1/8 cup (1/2 VIT C, RAW)
Hoagie Sandwich Bun 1
2 % Milk ¾ - 1 cup

SNACK
Fresh Pear Slices ½ cup (RAW)
Butter Cookies ¾ oz
Water

MEMPHIS CITY SCHOOLS HEAD START MENU
DECEMBER, 2007

MONDAY, NOVEMBER 26, 2007
BREAKFAST
X Grapefruit Sections ½ c (VIT C)
Multigrain Cheerios ¾ oz
Graham Crackers 3
2 % Milk ¾ - 1 cup

LUNCH
Chicken (1 oz) Vegetable Soup 1 c w/ ¼ c Soup Vegetables
Sub Sandwich 3 "w/ ½ oz Lunchmeat
Corn on the Cob ¼ cup
Steamed Baby Carrots ¼ cup
Sliced Tomatoes & Lettuce 1/8 cup (RAW) on Sandwich
Sub Sandwich Bun 1 – 3 "
Chilled Pineapple ¼ c
2 % Milk ¾ - 1 c

SNACK
Cheese Cubes ½ oz
Snack Mix ¾ oz
Apple Juice ½ c

TUESDAY, NOVEMBER 27, 2007
BREAKFAST
X Orange Juice ½ c (VIT C)
Cheese (1/2 oz) Toast 1
2 % Milk ¾ - 1 c

LUNCH
Lasagna w/1 ½ oz Ground Beef & Cheese
Lasagna Noodles
Southern Style Green Beans ¼ c
Crispy Veggies ¼ c w/ Dip (RAW)
Bread Stick 1
Chilled Peaches 1/4 c
2 % Milk ¾ - 1 c

SNACK
Oatmeal Cookies 3/4 oz
2 % Milk ½ c

WEDNESDAY, NOVEMBER 28, 2007
BREAKFAST
Applesauce ½ c
Cinnamon Swirl Toast 1
2 % Milk ¾ - 1 c

LUNCH
Chicken Rings 1 ½ oz Chicken w/ Dipping Sauce
Seasoned Baked Potato ¼ c
California Blend Vegetables ¼ c (No Cheese Sauce)
Fresh Garden Salad w/Lettuce, Tomatoes & Cucumbers 1/4 c (RAW)
Wheat Roll 1
2 % Milk ¾ - 1 c

SNACK
X Fresh Orange Wedges ½ c (VIT C)
Bologna Slice ½ oz
Saltine Crackers 4
Water

THURSDAY, NOVEMBER 29, 2007
BREAKFAST
Fruit Cocktail Cup ½ c
Yogurt 4 oz
Muffin 1
2 % Milk ¾ - 1 c

LUNCH
Mexican Casserole w/ 1 ½ oz Ground Beef & Cheese
X Steamed Broccoli ¼ c (VIT C) (No Cheese)
Carrot & Celery Sticks ¼ c (RAW) w/ Ranch Dip
Texas Toast ½ Slice
2 % Milk ¾ - 1 c

SNACK
Animal Crackers (3/4 oz)
Milk ½ c

FRIDAY, NOVEMBER 30, 2007
BREAKFAST
X Orange Juice ½ c (VIT C)
Sausage Patty 1
Hot Biscuit 1
2 % Milk ¾ - 1 c

LUNCH
Fish Sticks 1 ½ oz w/
Macaroni and Cheese
Mixed Vegetables ¼ c
Cornbread 1
Chilled Peaches ½ c
2 % Milk ¾ -1 c

SNACK
Fresh Apple Slices ½ c (RAW)
Bear Grahams (3/4 oz)
Water

MONDAY, DECEMBER 3, 2007
BREAKFAST
Sliced Pears ½ c
Breakfast Ham ½ oz
Oatmeal 1/3 c
Graham Crackers 3
2 % Milk ¾ - 1 c

LUNCH
Sloppy Joe 1 ½ oz Ground Beef
Whipped Potatoes ¼ c
X Steamed Broccoli ¼ c (VIT C)
Fresh Tomato Cubes ¼ c (RAW)
Heated Bun 1
2 % Milk ¾ - 1 c

SNACK
Cheddar Fetti (3/4 oz)
Grape Juice ½ c

TUESDAY, DECEMBER 4, 2007
BREAKFAST
Applesauce ½ c
Breakfast Burrito w/1/2 oz protein & wrapping = 1 Slice Enriched Bread
2 % Milk ¾ - 1 c

LUNCH
Hot Ham & Cheese Sandwich 1 w/1 ½ oz Ham & Cheese
Whole Kernel Corn ¼ c
X Turnip Greens ¼ c (1/2 VIT C)
X Fresh Tomato Cubes ¼ c (1/2 VIT C) (RAW)
Fruity Jello w/ 1/4 c Fruit Cocktail

Heated Sandwich Bun 1
2 % Milk ¾ - 1 c

SNACK
Graham Crackers 3
2 % Milk ½ c

WEDNESDAY, DECEMBER 5, 2007
BREAKFAST
X Fresh Orange Wedges ½ c (VIT C)
Cinnamon Breakfast Square 1
2 % Milk ¾ - 1 c

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

SNACK
Fruit Yogurt Cup 4 oz
Animal Cookies (3/4 oz)
Water

THURSDAY, DECEMBER 6, 2007
BREAKFAST
X Orange Juice ½ c (VIT C)
Scrambled Eggs 1
Breakfast Bagel 1
2 % Milk ¾ - 1 cup

LUNCH
Hot Dog 1 ½ oz (Hot Dogs must be Split Lengthwise for Children)
Potato Batter Bites ¼ c
California Blend Vegetables ¼ c
Coleslaw ¼ c (RAW)
Hot Dog Bun 1
2 % Milk ¾ - 1 c

SNACK
Bear Grahams ¾ oz
2 % Milk ½ c

FRIDAY, DECEMBER 7, 2007
BREAKFAST
X Fresh Cantaloupe Slices ½ c (VIT C)
Chicken Patty ½ oz
Hot Biscuit 1
2 % Milk ¾ -1 c

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

SNACK
Graham Crackers 3
Grape Juice ½ cup

MONDAY, DECEMBER 10, 2007
BREAKFAST
Sliced Fresh Banana ½ c
Special K Cereal ¾ oz
Cheese Stick ½ oz
2 % Milk ¾ -1 c

LUNCH
Chicken (1 oz) Vegetable Soup 1 c w/1/4 c Soup Vegetables
Sub Sandwich 3 "w/1/2 oz Deli Turkey
Potato Batter Bites ¼ c
California Blend Vegetables ¼ c (No Cheese Sauce)
Lettuce & Tomato Cup 1/8 c (RAW)
Sub Sandwich Roll 1 (3 ")
2 % Milk ¾ - 1 c

SNACK
X Fresh Orange Wedges ½ c (VIT C)
Bear Grahams ¾ oz
Water

TUESDAY, DECEMBER 11, 2007
BREAKFAST
X Orange Juice ½ c (VIT C)
Turkey Sausage Links 2
European Waffles Sticks w/Syrup 3

2 % Milk ¾ - 1 c

LUNCH
Breaded Beef Steak 1 ½ oz w/ Gravy
Whipped Potatoes ¼ c
Steamed Baby Carrots ¼ c
Fresh Apple Slices ¼ c (RAW)
Wheat Roll 1
2 % Milk ¾ -1 c

SNACK
Graham Crackers 3
2 % Milk ½ c

WEDNESDAY, DECEMBER 12, 2007
BREAKFAST
X Fresh Orange Wedges ½ c (VIT C)
Sausage Patty 1
Hot Biscuit 1
2 % Milk ¾ - 1 c

LUNCH
Roast Pork 1 ½ oz w/Gravy
Potatoes au Gratin ¼ c Potatoes
Turnip Greens ¼ c
Crispy Vegetables 1/8 c w/ Dip (RAW)
Cornbread 1
2 % Milk ¾ - 1 c

SNACK
Cheese Crackers (3/4 oz)
Grape Juice ½ c

THURSDAY, DECEMBER 13, 2007
BREAKFAST
X Orange Juice ½ c (VIT C)
Breakfast Ham 1/2 oz
Banana Fruit Loaf 1
2 % Milk ¾ -1 c

LUNCH
CHRISTMAS CELEBRATION
Turkey 1 ½ oz & Dressing w/Cranberry Sauce
Sweet Potato Casserole w/ ¼ c Potatoes
Green Peas & Carrots ¼ cup
Fresh Garden Salad w/ Lettuce, Tomatoes & Cucumbers 1/8 c (RAW)