

August 2012

SCHRA Head Start Menu

RD Approved

<p>Ensure water is available to children all day.</p>		1	2	3		
		6	7	8	9	10
		<p>Phase-In Day (snack only) Apple Juice, Peanut Butter and Wheat Crackers</p>		<p>Phase-In Day (snack only) Yogurt, Dry Cheerios, Water</p>		<p>Milk, Teddy Grahams</p>
13	14	15	16	17		
		<p>Apple Juice, Cheese and Wheat Crackers</p>	<p>Orange Juice, Cheez-it Crackers</p>	<p>Milk, Vanilla Wafers w/ Peanut Butter</p>	<p>Orange Juice, Goldfish Crackers</p>	
20	21	22	23	24		
		<p>Apple Wedges, Oyster Crackers, Water</p>	<p>Milk, Teddy Grahams</p>	<p>Apple Juice, *Diced Apple Cheese Squares</p>	<p>Orange Juice, Peanut Butter & Wheat Crackers</p>	
27	28	29	30	31		
		<p>Milk, Animal Crackers</p>	<p>Dry Cheerios, Yogurt, Water</p>	<p>Milk, *Diced Apple Cheese Squares</p>	<p>Orange juice, *Ham & Cheddar Roll-ups</p>	
<p>Food Sampling Item: (2-3 Times per Month) Kiwi</p>						
		<p>CACFP Breakfast Required Components:</p>	<p>CACFP Lunch Required Components:</p>	<p>CACFP Snack Required Components:</p>		
		<p>Select all 3 components 1 milk 1 fruit/vegetable 1 grain</p>	<p>Select all 4 components 1 milk 2 fruit/vegetables 1 grain 1 meat/meat alternate</p>	<p>Select 2 of 4 components: 1 milk 1 fruit/vegetable 1 grain 1 meat/meat alternate</p>		

*Recipe in binder

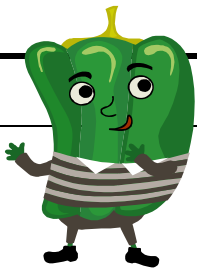
September 2012

SCHRA Head Start Menu

RD Approved

3	4	5	6	7
Holiday				
	Milk, Animal Crackers	Orange Juice, *Trail Mix (Cereal Mix)	Apple Juice, Tortilla Chips w/ Cheese Dip	Yogurt, Teddy Grahams, Water
10	11	12	13	14
	Orange Juice, Cheese & Wheat Crackers	Diced Pears, Cheez-it Crackers, Water	Yogurt, Teddy Grahams, Water	Milk, Teddy Grahams
17	18	19	20	21
	Orange Juice, Tortilla Chips and Salsa	Raw Vegetables w/ Dip, Goldfish Crackers, Water	Orange Juice, Cheese & Wheat Crackers	Milk, Graham Crackers w/Peanut Butter
24	25	26	27	28
	Orange Juice, Goldfish Crackers	Diced Pears, Cheez-it Crackers, Water	Milk, Vanilla Wafers & Peanut Butter	Apple Juice, Cheese and Wheat Crackers

Food Sampling Item: (2-3 Times per Month) Stir-Fry Chicken



CACFP Breakfast Required Components:

Select all 3 components
 1 milk
 1 fruit/vegetable
 1 grain

CACFP Lunch Required Components:

Select all 4 components
 1 milk
 2 fruit/vegetables
 1 grain
 1 meat/meat alternate

CACFP Snack Required Components:

Select 2 of 4 components:
 1 milk
 1 fruit/vegetable
 1 grain
 1 meat/meat alternate

* Recipe in binder

Ensure water is available to children all day.


October 2012

SCHRA Head Start Menu

RD Approved

1	2	3	4	5
	Orange Juice, Goldfish Crackers	Pineapple Tidbits, *Taco Chex Mix, Water	Milk, Teddy Grahams	Apple Juice, Peanut Butter & Wheat Crackers
8	9	10	11	12
	Apple Juice, Tortilla Chips w/Salsa	Yogurt, Teddy Grahams, Water	Milk, *Diced Apple Cheese Squares	Fresh Orange Wedges, Cheez-it Crackers, Water
15	16	17	18	19
	Raw Vegetables w/Ranch Dressing, Wheat Crackers, Water	Orange Juice, Cheese & Wheat Crackers	Milk, Vanilla Wafers w/ Peanut Butter	Yogurt, Animal Crackers, Water
22	23	24	25	26
	Milk, Peanut Butter, Graham Crackers	Orange Juice, *Diced Apple Cheese Squares	Apple Juice, Cheese & Wheat Crackers	Fruit Cocktail, Wheat Crackers, Water
29	30	31	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Ensure water is available to children all day.</p> </div>	
	Orange Juice, Cheese & Wheat Crackers	Raw Vegetables w/*Cottage Cheese Dip, Oyster Cracker, Water		

Food Sampling Item: (2-3 Times per Month) Peanut Butter/Banana Wrap

		CACFP Breakfast Required Components: Select all 3 components 1 milk 1 fruit/vegetable 1 grain	CACFP Lunch Required Components: Select all 4 components 1 milk 2 fruit/vegetables 1 grain 1 meat/meat alternate	CACFP Snack Required Components: Select 2 of 4 components: 1 milk 1 fruit/vegetable 1 grain 1 meat/meat alternate

* Recipe in binder

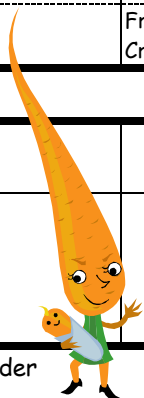
November 2012

SCHRA Head Start Menu

RD Approved

<p>Ensure water is available to children all day</p>			1	2
			Milk, Teddy Grahams	Milk, Animal Crackers
5	6	7	8	9
	Apple Wedges, Goldfish Crackers, Water	Orange Juice, *Trail Mix (Cereal Mix)	Apple Juice, Animal Crackers	Pineapple Tidbits, Tortilla Chips w/ Cheese Dip, Water
12	13	14	15	16
	Yogurt, Teddy Grahams, Water	Diced Peaches, *Taco Chex Mix, Water	Fresh Apple Wedges, Peanut Butter, Water	Apple Juice, Cheese and Wheat Crackers
19	20	21	22	23
	Apple Juice, Cheez-its	Holiday	Holiday	Holiday
26	27	28	29	30
	Fruit Cocktail, Oyster Crackers, Water	Orange Juice, *Trail Mix (Cereal Mix)	Milk, *Diced Apple Cheese Squares	Orange Juice, Wheat Crackers
Food Sampling Item: (2-3 Times per Month) Tuna Fish				
		CACFP Breakfast Required Components:	CACFP Lunch Required Components:	CACFP Snack Required Components:
		Select all 3 components 1 milk 1 fruit/vegetable 1 grain	Select all 4 components 1 milk 2 fruit/vegetables 1 grain 1 meat/meat alternate	Select 2 of 4 components: 1 milk 1 fruit/vegetable 1 grain 1 meat/meat alternate

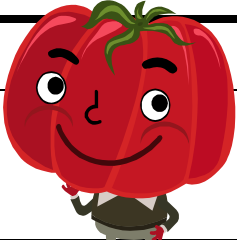
* Recipe in binder



December 2012

SCHRA Head Start Menu

RD Approved


3	4	5	6	7
	Orange Juice, Cheese & Crackers	Apple Juice, Graham Crackers, Water	Milk, Teddy Grahams	Pineapple Tidbits, Goldfish Crackers, Water
10	11	12	13	14
	Apple Juice, Cheez-It Crackers	Orange Juice, *Taco Chex Mix	Apple Juice, Goldfish Crackers	Fresh Apple Wedges, Peanut Butter, Water
17	18	19	20	21
	Milk, Animal Crackers	Apple Juice, * Trail Mix (Cereal Mix)		
25	26	27	28	29
31			<div style="border: 1px solid black; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;"> <p>Ensure water is available to children all day.</p> </div>	
Food Sampling Item: (2-3 Times per Month) Celery & Pimento Cheese				
		CACFP Breakfast Required Components:	CACFP Lunch Required Components:	CACFP Snack Required Components:
		Select all 3 components 1 milk 1 fruit/vegetable 1 grain	Select all 4 components 1 milk 2 fruit/vegetables 1 grain 1 meat/meat alternate	Select 2 of 4 components: 1 milk 1 fruit/vegetable 1 grain 1 meat/meat alternate

* Recipe in binder

January 2013

SCHRA Head Start Menu

RD Approved

	1	2	3	4
	Milk, Animal Crackers	Apple Juice, Tortilla Chips w/Salsa	Orange Juice, Goldfish Crackers	Raw Vegetables w/ Dip, Wheat Crackers, Water
7	8	9	10	11
	Apple Juice, Cheese & Wheat Crackers	Yogurt, Teddy Grahams, Water	Orange Juice, *Ham & Cheddar Roll-ups	Orange Juice, *Taco Chex Mix
14	15	16	17	18
	Milk, Animal Crackers	Fruit Cocktail, Cheez-It Crackers, Water	Milk, Teddy Grahams	Orange Juice, Goldfish Crackers
21	22	23	24	25
	Apple Juice, *Trail Mix(Cereal Mix)	Raw Vegetables w/Dressing, Oyster Crackers, Water	Milk, *Diced Apple Cheese Squares	Orange Juice, Teddy Grahams
28	29	30	31	
	Orange Juice, Teddy Grahams	Raw Vegetables w/Dressing, Goldfish Crackers, Water	Milk, Cheese & Wheat Crackers	

Food Sampling Item: (2-3 Times per Month) Spinach Dip

Ensure water is available to children all day.

CACFP Breakfast Required Components:

Select all 3 components
 1 milk
 1 fruit/vegetable
 1 grain

CACFP Lunch Required Components:

Select all 4 components
 1 milk
 2 fruit/vegetables
 1 grain
 1 meat/meat alternate

CACFP Snack Required Components:

Select 2 of 4 components:
 1 milk
 1 fruit/vegetable
 1 grain
 1 meat/meat alternate

* Recipe in binder

February 2013

SCHRA Head Start Menu

RD Approved

<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Ensure water is available to children all day.</p> </div>				1
				Tropical Fruit, Oyster Crackers, Water
4	5	6	7	8
	Milk, Vanilla Wafers w/ Peanut Butter	Yogurt, Teddy Grahams	Raw Vegetables w/Dressing, Wheat Crackers, Water	Orange Juice, Cheese & Wheat Crackers
11	12	13	14	15
	Apple Wedges w/ Peanut Butter, Water	Milk, *Diced Apple Cheese Squares	Apple Juice, Wheat Crackers, Cheese Slices	Yogurt, Teddy Grahams, Water
18	19	20	21	22
	Milk, *Diced Apple Cheese Squares	Diced Pears, Peanut Butter & Wheat Crackers	Milk, Graham Crackers	Apple Juice, Cheese & Wheat Crackers
25	26	27	28	
	Apple Juice, *Ham & Cheddar Roll-ups	Orange Juice, Goldfish Crackers, Water	Yogurt, Animal Crackers, Water	

Food Sampling Item: (2-3 Times per Month) Mashed Cauliflower



CACFP Breakfast Required Components:

Select all 3 components
 1 milk
 1 fruit/vegetable
 1 grain

CACFP Lunch Required Components:

Select all 4 components
 1 milk
 2 fruit/vegetables
 1 grain
 1 meat/meat alternate

CACFP Snack Required Components:

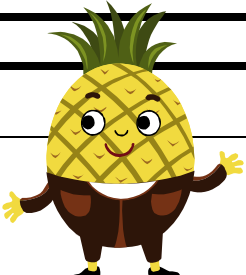
Select 2 of 4 components:
 1 milk
 1 fruit/vegetable
 1 grain
 1 meat/meat alternate

* Recipe in binder

March 2013

SCHRA Head Start Menu

RD Approved

<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Ensure water is available to children all day.</p> </div>				1
				Diced Pears, Cheez-It Crackers, Water
4	5	6	7	8
	Diced Pears, *Trail Mix (Cereal Mix), Water	Orange Juice, Oyster Crackers	Diced Pears Goldfish Crackers, Wqter	Apple Juice, Cheese & Wheat Crackers
11	12	13	14	15
	Pineapple Tidbits, Goldfish Crackers, Water	Milk, Animal Crackers	Apple Juice, Peanut Butter & Wheat Crackers	Orange Juice, *Taco Chex Mix
18	19	20	21	22
	Orange Juice, Wheat Crackers & Cheese	Milk, Graham Crackers w/ Peanut Butter	Apple Juice, *Taco Chex Mix, Water	Milk, Teddy Grahams
25	26	27	28	29
	Fresh Orange Wedges, Animal Crackers, Water	Orange Juice, Teddy Grahams	Milk, *Diced Apple Cheese Squares	Apple Juice, Cheez-It Crackers
Food Sampling Item: (2-3 Times per Month) Broccoli Casserole				
		CACFP Breakfast Required Components:	CACFP Lunch Required Components:	CACFP Snack Required Components:
		Select all 3 components 1 milk 1 fruit/vegetable 1 grain	Select all 4 components 1 milk 2 fruit/vegetables 1 grain 1 meat/meat alternate	Select 2 of 4 components: 1 milk 1 fruit/vegetable 1 grain 1 meat/meat alternate

* Recipe in binder

April 2013

SCHRA Head Start Menu

RD Approved

1	2	3	4	5
	Orange Juice, Cheese & Wheat Crackers	Milk, Animal Crackers	Apple Juice, Peanut Butter & Wheat Crackers	Mandarin Oranges, Teddy Grahams, Water
8	9	10	11	12
	Diced Peaches, Cheez-It Crackers, Water	Milk, *Diced Apple Cheese Squares	Yogurt, Animal Crackers, Water	Apple Juice, Peanut Butter & Wheat Crackers
15	16	17	18	19
	Yogurt, Animal Crackers, Water	Raw Vegetables w/ Dressing, Wheat Crackers, Water	Orange Juice, Tortilla Chips w/Cheese Dip	Apple Juice, *Taco Chex Mix
22	23	24	25	26
	Raw Vegetables w/ Cottage Cheese Dip, Oyster Crackers, Water	Apple Juice, Goldfish Crackers	Apple Wedges w/Peanut Butter, Wheat Crackers, Water	Orange Juice, Cheez-It Crackers
29	30			
	Milk, Animal Crackers			
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Ensure water is available to children all day.</p> </div>				
<p>Food Sampling Item: (2-3 Times per Month) Black Beans</p>				
		CACFP Breakfast Required Components:	CACFP Lunch Required Components:	CACFP Snack Required Components:
		Select all 3 components 1 milk 1 fruit/vegetable 1 grain	Select all 4 components 1 milk 2 fruit/vegetables 1 grain 1 meat/meat alternate	Select 2 of 4 components: 1 milk 1 fruit/vegetable 1 grain 1 meat/meat alternate

* Recipe in binder

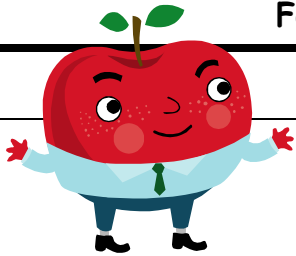
May 2013

SCHRA Head Start Menu

RD Approved

<p>Ensure water is available to children all day.</p>		1	2	3
		Orange Juice, Wheat Crackers	Yogurt, Teddy Grahams, Water	Orange Juice, Cheez-it Crackers
6	7	8	9	10
	Applesauce, Goldfish Crackers, Water	Milk, Graham Crackers		
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Food Sampling Item: (2-3 Times per Month) Zucchini Chips



CACFP Breakfast Required Components:

Select all 3 components
 1 milk
 1 fruit/vegetable
 1 grain

CACFP Lunch Required Components:

Select all 4 components
 1 milk
 2 fruit/vegetables
 1 grain
 1 meat/meat alternate

CACFP Snack Required Components:

Select 2 of 4 components:
 1 milk
 1 fruit/vegetable
 1 grain
 1 meat/meat alternate

* Recipe in binder