

BBNA Head Start Weekly Menu Planning Worksheet

Head Start Center  
Cook

Dillingham  
K Whittington

Week of  
Week

2

<b>Food Serving Size</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Food Items	Food Items	Food Items	Food Items
<b>BREAKFAST</b> Fluid Milk (3/4 c) Fruit, Juice or Vegetable (1/2 c) Bread (1/2 slice) or Bread Alternate or Cereal (1/3 c)	Whole Wheat Bagels w/ Cream Cheese Orange Slices Milk	Life Cereal Fruit Cocktail Milk	Boiled Eggs Mandarin Oranges Raisin Bread Milk	Waffles Raspberries Milk
<b>LUNCH</b> Fluid Milk (3/4 c) Meat or Meat Alternate (1 & 1/2 ounces) Fruit and/ or Vegetable (2 or more) (1/2 cup total) Bread or Bread Alternate (1/2 slice)	Meat Loaf Rice Mixed Vegetables Pears Milk	Beef & Cheese Pizza Green Salad w/ Ranch Grapes Milk	Ham Pasta Toss w/ Vegetables Corn Fruit Salad Milk	Baked Fish Rice Coleslaw Peaches
<b>SNACK</b> Fluid Milk (3/4 c) Juice, Fruit or Vegetable (1/2 c)  Bread or Bread Alternate (1/2 slice)	Whole Wheat Bagels w/ Cream Cheese Orange Slices Water	Apples Rice Cakes Water	Graham Crackers Milk	Gold Fish Fruit Juice