BBNA Head Start Weekly Menu Planning Worksheet

Head Start Center: KMO / KNW / TOG AM
Cook:
Week of:
Week: 2

Food Serving Size	Tuesday	Wednesday	Thursday	Friday
	Food Items	Food Items	Food Items	Food Items
BREAKFAST Fluid Milk (3/4 c) Fruit, Juice or Vegetable (1/2 c) Bread (1/2 slice) or Bread Alternate or Cereal (1/3 c)	Cereal Apple Slices Milk	Yogurt Berries Toast w/ Butter Milk	Oatmeal Mandarin Oranges Toast & Jam Milk	Cereal Applesauce Milk

	BREAKFAST	LUNCH
	Food Items	Food Items
MONDAY SCHOOL:	Cereal Fruit (Teachers Choice) Milk	