

BBNA Head Start Weekly Menu Planning Worksheet

Head Start Center _____ TOG PM _____
 Cook _____

Week of _____
 Week _____ 2 _____

Food Serving Size	Tuesday	Wednesday	Thursday	Friday
	Food Items	Food Items	Food Items	Food Items
SNACK Fluid Milk (3/4 c) Juice, Fruit or Vegetable (1/2 c) Meat or meat Alternate (1/2 oz.) Bread or Bread Alternate (1/2 slice)	Bagels Cream Cheese Orange Slices	Apples w/Peanut Butter Rice Cakes	Graham Crackers Applesauce	Gold Fish Fruit juice

MONDAY SCHOOL:

LUNCH	SNACK
Food Items	Food Items
	Animal Crackers Fruit or Milk (Teachers Choice)