



Community Services

Head Start Program 2026-2027 Menu

Cycle One



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		PEARS	CINNAMON APPLESAUCE	BANANA	MANDARIN ORANGES	BERRIES*+
Grain/Meat*	1/2 oz eq	1/2 oz eq		SAUSAGE BISCUIT	1/2 CHEESY TOAST	WG CEREAL	EGG PATTY	GOLDEN PORRIDGE
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		MANGO*+	ORANGE SMILES*	ROSIE PINEAPPLES	PINTO BEANS	TROPICAL FRUIT*+
Vegetable	1/8 cup	1/4 cup		GREEN SALAD w/diced tomatoes*+	PEAS & CARROTS*+	GREEN SALAD w/diced tomatoes*+	SWEET POTATO*+	MASHED POTATO
Grain	1/2 oz eq	1/2 oz eq		CHEESE PIZZA**	CHICKEN SLIDDER on a WW ROLL	BEEF & CHEESE SOFT TACO	CORNBREAD	WW ROLL
Meat/MA	1 oz	1 1/2 oz					BAKED CHICKEN	SALISBURY STEAK**
Milk	1/2 cup	1/2 cup	PM SNACK		FRUIT-ASTIC* SALSA		DICED BELL PEPPERS, CARROTS, CUCUMBERS*+ w/ranch dressing	
Fruit	1/2 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq		WHEAT THINS	GRAHAM CRACKERS	WG GOLDFISH CRACKERS	WW CRACKERS	WG DRY CEREAL MIX
Meat/MA	1/2 oz	1/2 oz		STRING CHEESE		TURKEY ROLL-UP		YOGURT GO GURT
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free

At least one serving of grains per day must be whole grain-rich.

**** CN Product**

(Lactose free milk is served for children with lactose intolerance that have a Doctor statement)

***At breakfast MEAT/MA may be served in place of grain up to 3 times a week**

*** Lunch 2 VEGETABLES maybe served in place of FRUIT**

*** At Snack serve 2 components plus water**

***Good Source of Vitamin C**

+Good Source of vitamin A



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Head Start Program 2026-2027 Menu

Cycle Two



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		PEACHES	CHERRY PINEAPPLE MIX*	COOKED APPLES	BERRY BANANA	APRICOTS+
Grain/Meat*	1/2 oz eq	1/2 oz eq		MINI BAGEL**	WAFFLE	EGG BISCUIT	SPLIT*+	WG CEREAL
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		APPLE BITS*	COLORFUL CABBAGE SALAD*+	BERRY PEAR MIX+	MANGO*+	TROPICAL FRUIT*+
Vegetable	1/8 cup	1/4 cup		BROCCOLI*+	PINTO BEANS	CHICKEN	DICED TOMATOES*	TATOR TOTS
Grain	1/2 oz eq	1/2 oz eq		BROWN RICE	CORNBREAD	RAMEN*	2 HEADED MONSTER MEAL	CRABBY PATTY
Meat/MA	1 oz	1 1/2 oz		ASIAN CHICKEN	FISH**	SOUP		BURGER**
Milk	1/2 cup	1/2 cup	PM SNACK					
Fruit	1/2 cup	1/2 cup			BANANA	MIXED FRUIT		
Vegetable	1/2 cup	1/2 cup						BERRY & YOGURT PARFAIT*+
Grain	1/2 oz eq	1/2 oz eq		WW CRACKER	WG CEREAL TRAIL MIX		CHEESY TOAST	
Meat/MA	1/2 oz	1/2 oz		BOILED EGG				
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free

At least one serving of grains per day must be whole grain-rich.

** CN Product

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+Good Source of vitamin A



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Cycle Three



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		PEARS	BANANA	PINEAPPLE BERRY MIX*+	ROSIE APRICOTS*+	CHERRY PEAR MIX*
Grain/Meat*	1/2 oz eq	1/2 oz eq		MINI CINNIMON ROLL**	WG CEREAL	PANCAKE	GOLDEN PORRIDGE	SAUSAGE BISCUIT
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		TROPICAL FRUIT*+	PEAS & CARROTS*+	ORANGE SMILES*	PEACHES	MANGO*+
Vegetable	1/8 cup	1/4 cup		GREEN BEANS	TATOR TOTS		COLORFUL CABBAGE SALAD*+	SPINACH SALAD w/diced tomatoes*+
Grain	1/2 oz eq	1/2 oz eq		MACARONI & CHEESE	SLOPPY JOE SANDWICH	BROWN RICE	PULL PORK on a WW BUN	SOUTHWEST CHICKEN QUESADILLA
Meat/MA	1 oz	1 1/2 oz		TURKEY ROLL UP		JAMMIN' JAMBALAYA*		
Milk	1/2 cup	1/2 cup	PM SNACK	APPLESAUCE	CUCUMBER SLICES	MIXED FRUIT	APPLE BITES*	BIG BIRD SUNRISE SMOOTHIE*
Fruit	1/2 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq		SCOOBY DOO GRAHAM CRACKERS		WHEAT THIN CRACKERS	1/2 CINNAMON TOAST	WW CRACKERS
Meat/MA	1/2 oz	1/2 oz			STRING CHEESE			
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

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At least one serving of grains per day must be whole grain-rich.

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Cycle Four



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		BERRY YOGURT PARFAIT*+	APPLESAUCE	ROSIE PEARS	CINNAMON COOKED APPLES	BANANA
Grain/Meat*	1/2 oz eq	1/2 oz eq			MINI BAGEL**	WAFFLE	EGG BISCUIT	WG CEREAL
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		PEACHES	ORANGE SMILES*	MANGO*+	CHERRY PINEAPPLE MIX*	MANDARIN ORANGES*
Vegetable	1/8 cup	1/4 cup		MASHED POTATO	CUCUMBER & TOMATO SALAD*	CHICKEN	GREEN BEANS	PEAS & CARROTS*
Grain	1/2 oz eq	1/2 oz eq		WW ROLL	TURKEY & CHEESE SANDWICH	TORTILLA	FRITO	CHICKEN & WAFFLE
Meat/MA	1 oz	1 1/2 oz		CHICKEN NUGGETS**		SOUP*	PIE	
Milk	1/2 cup	1/2 cup	PM SNACK					
Fruit	1/2 cup	1/2 cup			BANANA			APPLE BITES*
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq		WG CRACKERS	WG DRY CEREAL MIX	STRAWBERRY CHEX MIX	CHEESY TOAST	CINNAMON YOGURT DIP
Meat/MA	1/2 oz	1/2 oz		BOILED EGG		YOGURT GOGURT		
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

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At least one serving of grains per day must be whole grain-rich.

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Cycle Five



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		COOKED APPLES	PEACHES	PINEAPPLES	APPLESAUCE	PEARS
Grain/Meat*	1/2 oz eq	1/2 oz eq		PANCAKE	GOLDEN PORRIDGE	SAUSAGE BISCUIT	1/2 TOAST & EGG	BISCUIT
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		APRICOTS*+	PEAS & CARROTS*+	ORANGE SMILES*	GREEN BEANS	BERRIES*+
Vegetable	1/8 cup	1/4 cup		CALIFORNIAN BLEND VEGETABLES*+		COLORFUL CABBAGE SALAD*+	SWEET POTATO*+	GREEN SALAD w/diced tomatoes*+
Grain	1/2 oz eq	1/2 oz eq		CHICKEN SPAGHETTI	WW ROLL TATOR TOT CASSEROLE	CORNBREAD FISH**	WW ROLL BAKED CHICKEN	CHEESE PIZZA**
Meat/MA	1 oz	1 1/2 oz						
Milk	1/2 cup	1/2 cup	PM SNACK		FRUIT-ASTIC SALSA*		MIXED FRUIT	BANANA
Fruit	1/2 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq		GOLDFISH CRACKERS	SCOOPY DOO GRAHAM CRACKERS	WHEAT THIN CRACKERS	WG CHEEZIT CRACKERS	WG CEREAL MIX
Meat/MA	1/2 oz	1/2 oz		YOGURT GOGURT		TURKEY ROLL UP		
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

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Cycle Six



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK	
Fruit/Vegetable	1/4 cup	1/2 cup		MIXED FRUIT	CINNAMON COOKED APPLES	BERRY BANANA SPLIT*+	APRICOTS*+	PINEAPPLE & CHERRY MIX*+	
Grain/Meat*	1/2 oz eq	1/2 oz eq		MINI CINNAMON ROLL**	WAFFLE		WG CEREAL	EGG BISCUIT	
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK	
Fruit*	1/8 cup	1/4 cup		PEACHES	TROPICAL FRUIT*+	CINNAMON PEARS	APPLE BITES*	MANGO*+	
Vegetable	1/8 cup	1/4 cup		BROCCOLI*+	GREEN SALAD w/diced tomatoes*+	CALIFORINA BLEND VEGETABLES*+	TATOR TOTS	COLORFUL CABBAGE SALAD*+	
Grain	1/2 oz eq	1/2 oz eq		BROWN RICE	BEEF & CHEESE SOFT TACO	MACARONI & CHEESE	WW ROLL	PULL PORK on a BUN	
Meat/MA	1 oz	1 1/2 oz		ASIAN CHICKEN		TURKEY ROLL UP	CHICKEN NUGGET**		
Milk	1/2 cup	1/2 cup	PM SNACK	MANDARIN ORANGES*		ROSIE APPLESAUCE	BIG BIRD SUNRISE SMOOTHIE*+	BERRY YOGURT PARFAIT*+	
Fruit	1/2 cup	1/2 cup							
Vegetable	1/2 cup	1/2 cup		WG CEREAL TRAIL MIX	CHEESY TOAST	SCOBBO DOO GRAHAM CRACKERS	WW CRACKERS		
Grain	1/2 oz eq	1/2 oz eq							
Meat/MA	1/2 oz	1/2 oz		WATER	WATER	WATER	WATER	WATER	
Water	1/2 cup	1/2 cup							

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