

3 Week Rotating Meal Schedule

BREAKFAST Cereal & Whole Grain Item Fruit and/or Juice	BREAKFAST Pancake nuggets / syrup Fruit and/or Juice	BREAKFAST Whole Grain Muffin & Yogurt Fruit and/or Juice	BREAKFAST Waffle / syrup Fruit and/or Juice	BREAKFAST Cereal & Whole Grain Item Fruit and/or Juice
LUNCH Chicken nuggets Mashed potatoes / gravy Vegetables Fruit Bread	LUNCH Quesadilla Vegetables / Salsa Fruit Cookie	LUNCH Cheeseburger on WG bun French fries Broccoli / cauliflower / dip fruit	LUNCH Fish sticks Vegetables Fruit Bread	LUNCH Hamburger gravy Mashed potatoes Fresh vegetables Fruit Bread
SNACK Fruit Whole Grain cracker	SNACK Fresh Vegetable Cheese stick	SNACK Fruit Whole Grain cracker	SNACK Yogurt Fresh fruit	SNACK Fruit Whole Grain cracker
BREAKFAST Cereal & Whole Grain Item Fruit and/or Juice	BREAKFAST French toast sticks / syrup Fruit and/or Juice	BREAKFAST Whole Grain Muffin & Yogurt Fruit and/or Juice	BREAKFAST Donut Fruit and/or Juice	BREAKFAST Cereal & Whole Grain Item Fruit and/or Juice
LUNCH Ham & Cheese sandwich Baked chips Baked beans Fresh vegetables Fruit	LUNCH Garlic cheesy bread Meat sauce Broccoli / carrots / dip fruit	LUNCH Chicken on a WG bun Tater tots Vegetables fruit	LUNCH Mini Corn Dogs Baked beans Vegetables Fruit	LUNCH Pizza Vegetables Fruit
SNACK Fruit Whole Grain cracker	SNACK Fresh Vegetable Cheese stick	SNACK Fruit Whole Grain cracker	SNACK Yogurt Fresh fruit	SNACK Fruit Whole Grain cracker
BREAKFAST Cereal & Whole Grain Item Fruit and/or Juice	BREAKFAST French toast sticks / syrup Fruit and/or Juice	BREAKFAST Whole Grain Muffin & Yogurt Fruit and/or Juice	BREAKFAST waffle / syrup Fruit and/or Juice	BREAKFAST Cereal & Whole Grain Item Fruit and/or Juice
LUNCH Sloppy Joe on WG bun Potato wedges Vegetables Fruit	LUNCH Taco in a Bag Cheese Lettuce / tomatoes Fruit	LUNCH Turkey & Cheese sandwich Baked chips Fresh vegetables Fruit	LUNCH Fish patty on WG bun Vegetables Fruit	LUNCH Chicken Wrap Cheese / lettuce / tomato Salsa fruit
SNACK Fruit Whole Grain cracker	SNACK Fresh Vegetable Cheese stick	SNACK Fruit Whole Grain cracker	SNACK Yogurt Fresh fruit	SNACK Fruit Whole Grain cracker

MEAL / CATERER INFORMATION:

Milk is served with Breakfast & Lunch. Water is served with all afternoon snacks.

Milk for 2 years and up will be unflavored 1%.

All menu items are based on availability at the time of service.

Any shelf stable items can be ordered in bulk and stored in advance, at our site.

Meal provider will follow the CACFP meal patterns included in the RFP packet.

If the meal provider is a school district, ICCC Head Start will follow the same menu as the school district for breakfast and lunch. We will work with the provider to develop a snack menu.