

## Cycle MENU FULL DAY 2015 - 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Whole wheat English Muffins with egg , Mandarins, 1%Milk ----- Hamburgers on w/w buns, Sweet potatoes wedges, Kiwi, 1%Milk ----- Cheese sliced, Thin sliced Apples, Water	Cheerios, Diced Peaches, 1% Milk ----- Bean and cheese Enchiladas on WG tortilla, Broccoli, Oranges, 1%Milk ----- Veggie match sticks, 1% Milk	WG Pancakes, Strawberries, 1%Milk ----- Chicken Veggie noodle soup, Sliced Red Apples, Roll, 1% Milk ----- Whole Grain Bagel w Cream Cheese, red pepper strips	Rice Chex, Bananas, 1% Milk ----- Cheese pizza, Diced cantaloupe, **Spinach Salad, 1%Milk ----- Yogurt, Berries, Water	Whole Grain Bread, Pears, 1% Milk ----- Tuna WW Sandwich , Sugar Snap Peas, Berries, 1% Milk ----- Cheerios, 1% Milk, Bananas
6	7	8	9	10
Rice Chex Cereal, Diced Peaches , 1% Milk ----- Turkey Sandwich w/w, Kiwi, Carrot Match Sticks, 1% Milk ----- -- Cottage cheese, Thin Sliced Apples, Water	Oatmeal, Blueberries, 1% Milk ----- Salmon/ lemon wedges, Brown Rice, Thin sliced Apples, Broccoli, 1% Milk ----- Sliced Hard Boiled Eggs, WG Crackers, Oranges, Water	Corn Chex Cereal or Cheerios Bananas, 1% Milk ----- Veggie Lasagna, Spinach Salad, Diced Cantaloupe, WG Bread, 1% Milk ----- Quesadillas ,Sliced Apple , Water	W/W English Muffins egg patties, Sliced Strawberries, 1% Milk ----- Breaded Chicken, W/W Roll **Baked Sweet potatoes, Green beans, Diced Mango, 1% Milk ----- Veggie sticks & Dip, 1% Milk	W/W Bread, Pineapple Tidbits & Cottage. Cheese, 1% Milk ----- Brown Rice, Beans, Cheese Whole Grain Flour Quesadilla, Sliced Cucumbers, Oranges, 1% Milk ----- Whole Grain Graham Crackers, 1% Milk ,Bananas
11	12	13	14	15
Whole Grain Raisin-bread, Peaches, 1% Milk ----- Fried Brown Rice W/ Chicken, Mashed Peas, & Diced Carrots, Oranges, 1% Milk ----- WG Bread, Sliced Cheese, Tomatoes	Whole wheat bagels thins, & Cream cheese, Mandarins 1% Milk, ----- Macaroni & Cheese, w/w Rolls, Broccoli, Sliced Apple, 1% Milk ----- Peaches & Cottage Cheese ,Water	Cheerios, Bananas, 1% Milk ----- Fish Patty w/w Buns, Watermelon, Diced, Romaine Salad, 1% Milk ----- Yogurt, Sliced Strawberries, Water	W G Pancakes, Strawberries, 1% Milk ----- Taco Soup, Diced Cantaloupe Sliced Cucumbers, Corn Bread, 1%Milk ----- WG Fruit Bars, Apple, 1% Milk	Quesadillas, Oranges, 1% Milk ----- Chicken thighs, Yakisoba noodles, Steamed diced Carrots, Diced Honeydew, 1% Milk ----- WW Bagels Thins w/ C cheese, 1% Milk, Cauliflower and broccoli
16	17	18	19	20
Corn Chex, Diced Peaches, 1% Milk ----- Chicken Breast on w/w buns, Kiwi, Steamed diced Carrot, WG Soft Bread Sticks, 1%Milk ----- Quesadilla w/ Salsa, Diced Mango, Water	Whole Wheat Bagels Thins CC Cheese, Fruit Salad, 1% Milk ----- Spaghetti w/ ground meat, Romaine Salad Mix, Whole Grain pasta, Oranges, 1% Milk ----- WG Crackers & Cheese, Apple	Cheerios Cereal, Bananas, 1%Milk ----- Mashed Bean Cheese Burrito on whole grain tortilla, **Red pepper strips, Sliced Strawberries , 1%Milk ----- Yogurt, Diced Peaches, Water	W/W English Muffin, Egg patty, Applesauce, 1% Milk ----- Tilapia , Brown Rice, Broccoli, Diced Nectarines, 1% Milk ----- Banana, Whole Grain Animal Crackers, Milk	Rice Chex Cereal, Yogurt, Blueberries, 1% Milk ----- Manicotti, Whole Grain Bread, Salad, Diced Cantaloupe, 1% Milk ----- Veggie Match Sticks and Dip, 1% Milk
21	22	23	24	25
Bagels thins, Cream Cheese, Pears, 1% Milk ----- Salmon burgers on w/w buns, Sweet Potato wedges, Diced Cantaloupe, 1% Milk ----- WG Wheat Thin , Cheese and Thin sliced Apple	Oatmeal, Berries, 1% Milk ----- Baked Chicken, Spinach Salad w/Mandarins, WG soft Bread Sticks, 1% Milk ----- Bananas, WG Graham Crackers, 1% Milk	Cheerios, Bananas, 1% Milk ----- Mexican Rice w/ chicken, Sliced kiwi, Mixed veggies, Milk ----- Yogurt, Raspberries, Water	W/W Bread, C diced Peaches, 1% Milk ----- Minestrone soup, Shredded Cheese, w/w rolls, Oranges, 1% Milk ----- Veggie Match Sticks & Cottage Cheese	WG English Muffins, Pineapples tidbits, Cottage cheese, 1% Milk ----- Cod with lemon wedges, Brown Rice, Broccoli, Diced Pears, 1% Milk ----- Whole Grain Cracker & Sliced Cheese, Sugar snap peas

USDA and Head Start of Lane County are equal opportunity providers and employers. All Grain Products are whole grain or brown rice.\* All Grain Produces are whole grain or brown rice.

## PART DAY 2015-2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
WG English Muffins w egg, Mandarins, 1%Milk It's whole grain ----- Hamburgers on w/w buns, Sweet potato wedges, Kiwi, 1%Milk	Cheerios, Diced Peaches, 1% Milk ----- **Bean and cheese Enchiladas on WG tortilla, Broccoli, Oranges, 1%Milk	WG Pancakes, Strawberries, 1%Milk ----- Chicken Veggie noodle soup (with carrots), Thin sliced Red Apples, Roll, 1% Milk	Corn Chex or Rice Chex which is offered above, Bananas, 1% Milk ----- Cheese pizza, Diced Cantaloupe, **Spinach Salad, 1%Milk	
6	7	8	9	10
Rice Chex, Strawberries, 1% Milk ----- Turkey Sandwich w/w, Kiwi, Carrot Match Sticks, 1% Milk	Oatmeal, Blueberries, 1% Milk ----- Salmon/ lemon wedges, Brown Rice, Thin Sliced Apples, Broccoli, 1% Milk	Cheerios, Bananas, 1% Milk ----- Veggie Lasagna, Spinach Salad, Diced Cantaloupe, WG Bread, 1% Milk	WW English Muffins & Egg Patties, Peaches , 1% Milk ----- Bread Chicken, W/W Roll, Green beans, Baked Sweet Potato, Diced Mango, 1% Milk	
11	12	13	14	15
WG Raisin bread, Peaches, 1% Milk ----- Fried Brown Rice W/ Chicken, Mashed Peas & diced carrots, Oranges, 1% Milk -	WW Soft Bagels Thins & C. Cheese, Fruit Mandarin is offered above?, 1% Milk ----- Macaroni & Cheese, w/w Rolls, Broccoli, Thin sliced Apple, 1% Milk	Cheerios, Bananas, 1% Milk ----- Fish Patty w/w Buns, Diced Watermelon, **Romaine Salad, 1% Milk	W G Pancakes, Strawberries, Milk ----- Taco Soup, Diced Cantaloupe Cucumbers, Corn Bread 1%Milk	
16	17	18	19	20
Corn Chex, Peaches, 1% Milk ----- Chicken Breast on w/w buns, Kiwi, Steamed Diced Carrots, WG Soft Bread Sticks, 1%Milk	WW Soft Bagels Thins Fruit Salad, 1% Milk ----- Spaghetti w/ ground Meat , Romaine Salad Mix, Whole Grain pasta, Oranges, 1% Milk	Cheerios Cereal, Bananas, 1%Milk ----- Mashed Bean Cheese Burrito on WW tortilla, **Red pepper strips, Strawberries , 1%Milk	W/w English Muffin, Egg patty, Applesauce, 1% Milk ----- Fish Shapes, Brown Rice, Broccoli, Diced Nectarines, 1% Milk	
21	22	23	24	25
Soft Bagels, Cream Cheese, Pears, 1% Milk ----- Salmon burgers on w/w buns, **Sweet Potato wedges, Kiwi or diced cantaloupe , 1% Milk	Oatmeal, Berries, 1% Milk ----- Baked Chicken, Spinach Salad w/Mandarins, WG Soft Bread Sticks 1% Milk	Cheerios, Bananas, 1% Milk ----- Mexican Rice w/ chicken, Diced Cantaloupe or sliced kiwi , Mixed veggies, 1% Milk	W/W Bread, Peaches, 1% Milk ----- Minestrone soup, Shredded Cheese, w/w rolls, Oranges, 1% Milk	