

## CYCLE MENU FULL DAY 2016 to 17 Children 3 to 5 years

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Whole Grain English Muffins with egg pattie , 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, Milk ----- Chicken Veggie noodle soup ,Sliced Red Apples, Roll, 1% Milk ----- W G 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
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Kix Cereal, Diced Peaches , 1% Milk ----- Turkey Sandwich W/G Bread, 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 W G Flour Quesadilla, Sliced Cucumbers, Oranges, 1% Milk ----- W G Graham Crackers, 1% Milk , Bananas
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
W G bread, Peaches, 1% Milk ----- Fried Brown Rice W/ Chicken, Peas, & Diced Carrots, Oranges, 1% Milk ----- WG Bread, Sliced Cheese, Tomatoes	W/G 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/G Buns, Watermelon, Diced, Romaine Salad, 1% Milk ----- Yogurt, Sliced Strawberries, Water	W G Waffles, 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
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Corn Chex, Diced Peaches, 1% Milk ----- Chicken Breast on w/w buns, Kiwi, Steamed diced Carrot, 1%Milk ----- Quesadilla w/ Salsa, Diced Mango, Water	W/G Bagels Thins CC Cheese, Fruit Salad, 1% Milk ----- WG Spaghetti w/ ground meat, Romaine Salad Mix, 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, W Grain 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
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Bagels thins, Cream Cheese, Pears, 1% Milk ----- Salmon burgers on w/w buns, Sweet Potato wedges, Cantaloupe, 1% Milk ----- WG Wheat Thin , Cheese and Sliced Apple	Oatmeal, Berries, 1% Milk ----- Baked Chicken, Spinach Salad w/Mandarins, WG Bread, 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 Sticks & Cottage Cheese	WG English Muffins, Pineapples tidbits, Cottage cheese, 1% Milk ----- Cod with lemon wedges, Brown Rice, Broccoli, Diced Pears, 1% Milk ----- W G Cracker & Sliced Cheese, Sugar snap peas

## CYCLE PART DAY Children 3 to 5 years

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
WG English Muffins w egg Pattie, 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, WG Roll, 1% Milk	Rice Chex which is offered above, Bananas, 1% Milk ----- Cheese pizza, Diced Cantaloupe, **Spinach Salad, 1%Milk	
6	7	8	9	10
Kix Cereal , Peaches, 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	WG English Muffins & Egg Patties, Strawberries, 1% Milk ----- Bread Chicken, W/W Roll, Green beans, Baked Sweet Potato, Diced Mango, 1% Milk	
11	12	13	14	15
WG 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, WG Rolls, Broccoli, Thin sliced Apple, 1% Milk	Cheerios, Bananas, 1% Milk ----- Fish Patty WG Buns, Diced Watermelon, **Romaine Salad, 1% Milk	W G Waffles, 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, 1%Milk	W/G 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 W/G tortilla, Red pepper strips, Strawberries , 1%Milk	W/w English Muffin, Egg patty, Applesauce, 1% Milk ----- Tilapia, Brown Rice, Broccoli, Diced Nectarines, 1% Milk	
21	22	23	24	25
W/G 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/G Bread, Peaches, 1% Milk ----- Minestrone soup, Shredded Cheese, W/G rolls, Oranges, 1% Milk	

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