

Promise Early Education Center Winter Menu

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	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cold Cereal Juice	Milk Donut Muffin Bananas	Milk Oatmeal Muffin Squares Mandarin Oranges	Milk Whole Wheat Pancakes Honeydew Melon	Milk Cold Cereal Juice
Lunch	Milk Sloppy Joe's w/ Beef Whole Wheat Rolls Beets Fruit Cocktail	Milk Oven Baked Fish Brown Rice Sweet Potato Apples	Milk Broccoli & Cheese Soup Saltine Crackers Sliced Cheese Grapes	Milk Meatloaf Mashed Potato Whole Wheat Roll Oranges	Milk Turkey & Cheese on Whole Wheat Wrap Tomato Peaches
Snack	Crackers Yogurt	Milk Cream Cheese & Jelly on Whole Wheat Wraps	Applesauce Whole Grain Cereal Bar	Milk Apple Crisp	Milk Banana Muffins
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cold Cereal Juice	Milk Whole Wheat English Muffin Honeydew Melon	Milk Blueberry Muffin Sliced Oranges	Milk Whole Wheat Waffles Bananas	Milk Cold Cereal Juice
Lunch	Milk Homemade Macaroni & Cheese Peas Pears	Milk Beef Tacos Tortilla Wrap Cheese Tomatoes, Peppers Peaches	Milk Tuna Melts on Whole Wheat Bread Tomato Soup Cucumbers Apples	Milk Chicken w/ Penne Pasta Corn Grapes	Milk Egg Salad Sandwiches on Whole Wheat Wrap Pickles Fruit Cocktail
Snack	Yogurt Cereal	Milk Whole Wheat Oatmeal Raisin Cookie	Cottage Cheese Pineapple	Milk Apple Crisp	Crackers Cheese

Whole milk is served to children between the ages of 1 and 2 years old. Low fat is served to all children age 2 and older.
Water is available at all times

All juices and juice blends served are 100% fruit juice.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cold Cereal Juice	Milk Oatmeal Muffin Squares Honeydew Melon	Milk Whole Wheat Bagel Bananas	Milk Blueberry Muffin Cantaloupe	Milk Cold Cereal Juice
Lunch	Milk Cheese Raviolis w/ Marinara Sauce Mozzarella Cheese Green Beans Fruit Cocktail	Milk Chicken & Noodles Whole Wheat Roll Squash Blueberries	Milk Tomato Pasta Soup Grilled Cheese Sandwich Cucumbers Grapes	Milk Beef and Rice Casserole Cauliflower Oranges	Milk Chicken Salad Sandwiches on Whole Wheat Wrap Cucumbers Applesauce
Snack	Yogurt Crackers	Animal Crackers Applesauce	Milk Berry Crisp	Milk Oatmeal Raisin Cookie	Crackers Cheese
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Cold Cereal Juice	Milk Whole Wheat Bagel Honeydew Melon	Milk Whole Wheat Pancakes Bananas	Milk Whole Wheat English Muffin Cantaloupe	Milk Cold Cereal Juice
Lunch	Milk Beef & Cheese Lasagna Noodles Wax Beans Peaches	Milk Baked Eggs Donut Muffins Baked Home Fries Apples	Milk Sweet & Sour Chicken Brown Rice Peas Mandarin Oranges	Milk Beef Chili Beans Cornbread Tomatoes Pineapple	Milk Tuna Salad Sandwiches on Whole Wheat Wrap Pickles Fruit Cocktail
Snack	Yogurt Cereal	Milk Pumpkin Cookie	Crackers Cheese	Milk Whole Grain Cereal Bar	Cottage Cheese Pineapple

~Appropriate food substitutions and modifications are made for children according to their age, developmental readiness and in consideration of any food allergies or sensitivities. The following foods are not served in Early Head Start: hotdogs, raisins, nuts, peanut butter, raw celery, raw carrots, large pieces of fruit w/ skin, pretzels, triscuits, chunks of meat or cheese or whole grapes.~