


# ICS Head Start

ICS is an Equal Opportunity Provider


Monday	Tuesday	Wednesday	Thursday	Friday
				
Jan - 2	Jan - 3 KIX CEREAL MIXED FRUIT CUP, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 4 RICE KRISPIES BANANAS, Slices 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 5 WHOLE WHEAT PANCAKES SYRUP (sugar-free) 1tbs. ORANGE, Fresh 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 6 QUAKER OAT SQUARE CEREAL PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Jan - 9 GRITS with CHEESE 1/4c PEACHES, Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Jan - 10 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 11 BUTTERED OATMEAL 1/4 cup MELON FRUIT CUP, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 12 CHEERIOS MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 13 CINNAMON TOAST 1/2 APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)
Jan - 16	Jan - 17 CORNFLAKES BANANA KIWI Fruit Cup 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 18 RICE, BUTTERED STRAWBERRY FRUIT CUP 1/2 SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Jan - 19 WHOLE WHEAT PANCAKES ORANGE, Fresh 1/2 cup SYRUP (sugar-free) 1tbs. MILK - fat free water(ExtraNotReimbursable)	Jan - 20 KIX CEREAL Purple Plums, Canned MILK - fat free water(ExtraNotReimbursable)
Jan - 23 RICE KRISPIES APRICOTS 1/2 cup SAUSAGE, TURKEY LINK MILK - fat free water(ExtraNotReimbursable)	Jan - 24 CHEERIOS PEACHES, Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	Jan - 25 FRENCH TOAST STICKS PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 26 WAFFLE (WHOLE GRAIN) STRAWBERRY FRUIT CUP 1/2 SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	Jan - 27 BRAN FLAKES APPLE, Fresh Slices (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
Jan - 30 CINNAMON OATMEAL 1/4 cup APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	Jan - 31 RICE KRISPIES BANANAS, Slices 1/2 cup MILK - fat free water(ExtraNotReimbursable)			

Toddlers will not be given hard foods or foods in forms that are choking hazards for their development. Meats will be cut into bite size pieces where applicable. Toddlers are to be given whole milk unless a doctor's statement indicates otherwise.

# ICS Head Start

## LUNCH SERVICE TIME 11:30 am

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 	Jan - 3 MACARONI AND CHEESE, 1/2 BROCCOLI, 1/4 cup ORANGE, Fresh Slices 1/4 cup MILK - fat free water (Extra Not Reimbursable)	Jan - 4 Ham Slice 2oz CORN, Canned (1/4 cup) CARROTS, 1/4 cup WHOLE WHEAT BREAD MILK - fat free water (Extra Not Reimbursable)	Jan - 5 CHICKEN AND NOODLES GREEN BEANS 1/4 cup PEARS, Canned, 1/4 Cup MILK - fat free water (Extra Not Reimbursable)	Jan - 6 GRILLED CHEESE SANDWIC TOMATO SOUP (1 cup) APPLE Slices (1/4 cup) MILK - fat free water (Extra Not Reimbursable)
Jan - 9 BEEF STEW PINEAPPLE, Canned, 1/4 c. WHOLE WHEAT CRACKERS MILK - fat free water (Extra Not Reimbursable)	Jan - 10 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES, 1/4 Cup Whole Wheat Bread Slice MILK - fat free water (Extra Not Reimbursable)	Jan - 11 SALISBURY STEAK LIMA BEANS (1/4 cup) MIXED FRUIT CUP 1/4 c. WHOLE WHEAT BREAD MILK - fat free water (Extra Not Reimbursable)	Jan - 12 BAKED CHICKEN TENDERS BROCCOLI 1/4 cup MASHED POTATOES (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water (Extra Not Reimbursable)	Jan - 13 MEATLOAF STEAMED CABBAGE SWEET POTATOES 1/4 cup WHOLE WHEAT ROLL MILK - fat free water (Extra Not Reimbursable)
Jan - 16	Jan - 17 HAM SANDWICH CARROTS 1/4 cup MASHED POTATOES (1/4 cup) MILK - fat free water (Extra Not Reimbursable)	Jan - 18 VEGETABLE CHILI Cheddar Shredded 1/8c. APPLE Slices (1/4 cup) WHOLE WHEAT CRACKERS MILK - fat free water (Extra Not Reimbursable)	Jan - 19 BEAN & CHEESE BURRITO SPINACH (1/4 cup) MEXICALI CORN 1/4 cup MILK - fat free water (Extra Not Reimbursable)	Jan - 20 CHICKEN SALAD GREEN PEAS 1/4 cup FRESH ORANGE 1/2 Whole Wheat Bread Slice MILK - fat free water (Extra Not Reimbursable)
Jan - 23 BEEF PATTY 2.8 oz LIMA BEANS (1/4 cup) MIXED FRUIT CUP 1/4 c. CORNMEAL MUFFIN MILK - fat free water (Extra Not Reimbursable)	Jan - 24 MACARONI AND CHEESE, 1/2 BROCCOLI, 1/4 cup ORANGE, Fresh Slices 1/4 cup MILK - fat free water (Extra Not Reimbursable)	Jan - 25 TURKEY ROAST W/GRAVY MIXED VEGETABLE MASHED POTATOES (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water (Extra Not Reimbursable)	Jan - 26 BEEF VEGETABLE SOUP MELON FRUIT CUP, 1/4 c. CORNBREAD MILK - fat free water (Extra Not Reimbursable)	Jan - 27 BBQ PULLED CHICKEN GREEN BEANS, Canned (1/4 c) SWEET POTATOES WHOLE WHEAT BREAD MILK - fat free water (Extra Not Reimbursable)
Jan - 30 GRILLED CHEESE SANDWIC TOMATO SOUP PEARS, Fresh 1/2 MILK - fat free water (Extra Not Reimbursable)	Jan - 31 Ham Slice 2oz CORN, Canned (1/4 cup) BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water (Extra Not Reimbursable)			


Toddlers will not be given hard foods or foods in forms that are choking hazards for their development. Meats will be cut into bite size pieces where applicable. Toddlers are to be given whole milk unless a doctor's statement indicates otherwise.  
 Infants and toddlers are to never be given anything which has honey in it. All fresh fruits will be quartered or sliced before leaving the kitchen

# ICS Head Start

## SNACK Service Time 2:00 pm

JANUARY 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
				
Jan - 2	Jan - 3 WHOLE WHEAT CRACKERS APPLE JUICE, USW water(ExtraNotReimbursable)	Jan - 4 GOLDFISH CRACKERS W. G KIWI FRUIT 1/2 c. water(ExtraNotReimbursable)	Jan - 5 RAISIN BREAD ORANGE JUICE, USW water(ExtraNotReimbursable)	Jan - 6 CHEEZIT *WG* CANTALOUPE ½ Cup water(ExtraNotReimbursable)
Jan - 9 CINAMON TOAST, Whole-wheat GRAPE JUICE, USW water(ExtraNotReimbursable)	Jan - 10 SPICED MUFFIN MILK- fat free water(ExtraNotReimbursable)	Jan - 11 BANANA BREAD SQUARES APPLE JUICE, USW water(ExtraNotReimbursable)	Jan - 12 PEARS, Fresh Each WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Jan - 13 YOGURT, lowfat 2oz. GRAHAM CRACKERS water(ExtraNotReimbursable)
Jan - 16	Jan - 17 PLAIN MUFFIN APPLE JUICE, USW water(ExtraNotReimbursable)	Jan - 18 GOLDFISH CRACKERS W. G WHITE GRAPE JUICE. water(ExtraNotReimbursable)	Jan - 19 APPLESAUCE MUFFIN WATERMELON, Fresh (1/2 cup water(ExtraNotReimbursable)	Jan - 20 TOAST, BUTTERED 1/2 slice PINEAPPLE, (Fresh) water(ExtraNotReimbursable)
Jan - 23 GRAHAM CRACKERS, Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	Jan - 24 SWISS CHEESE SLICE GRAPE JUICE, USW water(ExtraNotReimbursable)	Jan - 25 TOMATO JUICE WHOLE WHEAT CRACKERS water(ExtraNotReimbursable)	Jan - 26 CHEEZIT *WG* ORANGE JUICE, USW water(ExtraNotReimbursable)	Jan - 27 CINNAMON TOAST 1/2 MILK- fat free water(ExtraNotReimbursable)
Jan - 30 GOLDFISH CRACKERS W. G KIWI FRUIT 1/2 c. water(ExtraNotReimbursable)	Jan - 31 RAISIN BREAD ORANGE JUICE, USW water(ExtraNotReimbursable)			

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