

ICS Head Start
BREAKFAST Service Time 9:00 am

MAY 2023

ICS is an Equal Opportunity Provider

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 RICE KRISPIES PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 2 CORNFLAKES APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	May - 3 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	May - 4 WHOLE WHEAT PANCAKES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 5 FRENCH TOAST MANDARIN ORANGE (canned) MILK - fat free water(ExtraNotReimbursable)
May - 8 BRAN FLAKES DICED PEACHES 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 9 QUAKER OAT SQUARE CER PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 10 BUTTERED OATMEAL 1/4 cup MIXED FRUIT CUP 1/2c. SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	May - 11 WAFFLE (WHOLE GRAIN) APRICOT HALVES Canned 1/ MILK - fat free water(ExtraNotReimbursable)	May - 12 TOAST, WITH CREAM CHEE BANANA/STRAWBERRY CUP MILK - fat free water(ExtraNotReimbursable)
May - 15 KIX CEREAL PEACHES, Canned (1/2 cup) MILK - fat free water(ExtraNotReimbursable)	May - 16 WHOLE WHEAT PANCAKES MANDARIN ORANGE 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 17 BRAN FLAKES DICED PEARS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 18 QUAKER OAT SQUARE CER BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	May - 19 BUTTERED OATMEAL 1/4 cup PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)
May - 22 TOAST, BUTTERED 1/2 slice APRICOTS 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 23 FRENCH TOAST STICKS PINEAPPLE, Canned, 1/2 cup MILK - fat free water(ExtraNotReimbursable)	May - 24 CORNFLAKES BANANA FRUIT CUP MILK - fat free water(ExtraNotReimbursable)	May - 25 TOAST, BUTTERED 1/2 slice STRAWBERRIES 1/2 cup SCRAMBLED EGGS MILK - fat free water(ExtraNotReimbursable)	May - 26 RICE KRISPIES APPLESAUCE (1/2 cup) MILK - fat free water(ExtraNotReimbursable)
May - 29	May - 30	May - 31		

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

LUNCH SERVICE TIME 11:30 am

MAY 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 SLOPPY JOE GREEN PEAS 1/4 cup APPLE Slices (1/4 cup) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	May - 2 BAKED HAM COLLARD GREENS 1/4 C. SCALLOPED POTATOES WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	May - 3 GRILLED CHEESE SANDWIC TOMATO SOUP PEARS, Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 4 CHICKEN PATTY, GRILLED MEXICALI CORN 1/4 cup BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	May - 5 BEEF PATTY DIRTY POTATOES (1/4 cup) LETTUCE & TOMATO (1/4 cup) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)
May - 8 BBQ RIB PATTY GREEN BEANS, 1/4 cup HONEYDEW MELON, Fresh (1/4 c) WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	May - 9 BAKED TURKEY BREAST STEAMED CABBAGE CARROTS, Canned (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	May - 10 MACARONI AND CHEESE COLLARD GREENS (1/4 cup) MANDARIN ORANGE 1/4 cup MILK - fat free water(ExtraNotReimbursable)	May - 11 BEEF TACO PINTO BEANS 1/4 cup LETTUCE & TOMATO, 1/4 cup Cheddar Shredded 1/8c. MILK - fat free water(ExtraNotReimbursable)	May - 12 OVEN FRIED CHICKEN SWEET POTATOES 1/4 cup TURNIP GREENS 1/4 cup CORNBREAD MILK - fat free water(ExtraNotReimbursable)
May - 15 BAKED HAM CARROTS, Canned (1/4 cup) BROCCOLI 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)	May - 16 VEGETABLE FRITTATA SPINACH (1/4 cup) APPLE Slices (1/4 cup) WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)	May - 17 BBQ PULLED CHICKEN COLE SLAW (1/4 cup) CANTALOUPE Cup 1/4 cup WHOLE WHEAT BUN MILK - fat free water(ExtraNotReimbursable)	May - 18 TURKEY PITA SANDWICH MIXED VEGETABLE WATERMELON, Fresh 1/4 c. MILK - fat free water(ExtraNotReimbursable)	May - 19 BEEF PATTY W/GRAVY MASHED POTATOES (1/4 cup) GREEN BEANS, 1/4 cup WHOLE WHEAT ROLL MILK - fat free water(ExtraNotReimbursable)
May - 22 CHICKEN SALAD GREEN PEAS 1/4 cup TOMATO SLICES 1/4 c. WHEAT CRACKERS (4) MILK - fat free water(ExtraNotReimbursable)	May - 23 BAKED CHICKEN COLLARD GREENS 1/4 C. CAULIFLOWER (1/4 cup) CORNBREAD MILK - fat free water(ExtraNotReimbursable)	May - 24 SPAGHETTI AND MEAT SAU BROCCOLI 1/4 cup APPLE Slices (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 25 GRILLED CHEESE SANDWIC VEGETABLE SOUP PEARS,Canned (1/4 cup) MILK - fat free water(ExtraNotReimbursable)	May - 26 CHICKEN PATTY, GRILLED MASHED POTATOES (1/4 cup) CARIBBEAN VEG 1/4 cup WHOLE WHEAT BREAD MILK - fat free water(ExtraNotReimbursable)
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ICS Head Start
SNACK Service Time 2:00 pm

MAY 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 WHOLE WHEAT CRACKERS ORANGE JUICE,USW water(ExtraNotReimbursable)	May - 2 CHEEZIT *WG* APPLE JUICE,USW water(ExtraNotReimbursable)	May - 3 GOLDFISH CRACKERS W. G BANANA/ KIWI FRUIT CUP water(ExtraNotReimbursable)	May - 4 GRAHAM CRACKERS,Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)	May - 5 PUMPKIN MUFFIN WHITE GRAPE JUICE water(ExtraNotReimbursable)
May - 8 GINGERBREAD MILK - fat free 4 oz water(ExtraNotReimbursable)	May - 9 CINAMON TOAST/WholeWhe GRAPE JUICE, USW water(ExtraNotReimbursable)	May - 10 BANANA BREAD SQUARES APPLE JUICE,USW PAPAYA TASTING PARTY water(ExtraNotReimbursable)	May - 11 RAISIN BREAD PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	May - 12 WHOLE WHEAT CRACKERS CHEDDAR CHEESE, SLICE water(ExtraNotReimbursable)
May - 15 CINNAMON TORTILLA 1/2 APPLE JUICE,USW water(ExtraNotReimbursable)	May - 16 PLAIN MUFFIN PINEAPPLE JUICE,USW water(ExtraNotReimbursable)	May - 17 RAISIN BREAD WHITE GRAPE JUICE water(ExtraNotReimbursable)	May - 18 GRAHAM CRACKERS,Plain ORANGE JUICE,USW water(ExtraNotReimbursable)	May - 19 BANANA BREAD SQUARES SWISS CHEESE SLICE water(ExtraNotReimbursable)
May - 22 WHOLE WHEAT CRACKERS APPLE JUICE,USW water(ExtraNotReimbursable)	May - 23 RAISIN BREAD MILK-fat free 4 oz water(ExtraNotReimbursable)	May - 24 CINNAMON TOAST 1/2 ORANGE JUICE,USW water(ExtraNotReimbursable)	May - 25 GOLDFISH CRACKERS W. G WHITE GRAPE JUICE water(ExtraNotReimbursable)	May - 26 GRAHAM CRACKERS,Plain YOGURT, lowfat 2oz. water(ExtraNotReimbursable)
May - 29	May - 30	May - 31		

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