COSHOCTON COUNTY HEAD START/EARLY HEAD START

2023-2024 BREAKFAST-LUNCH-SNACK

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Lunch **MEAT**: Meat Alternatives 1 1/2 oz: exception: egg (1) **VEGETABLE**: 1/4 Cup: exceptions: Carrots, Celery, Green Peppers" Strips" etc. **FRUIT**: 1/4 Cup, Exceptions: Apples, Oranges, Bananas, etc. (1) **BREAD: Bread Alternatives**: 1/2 Slice: Exceptions: Crescents, Biscuits, etc. (1) **MILK** : 1/2 Cup 1% for-2yrs old and above or Whole for 1yrs old up to 2 yr
BREAKFAST **O.J or any other full strength 100% juice:** 1/2 Cup **MILK** : 1/2 Cup 1% for-2yrs old and above or Whole for 1yrs old up to 2 yrs **FRUIT:** 1/2 Cup **CEREAL:** 1/3 Cup (Cold) **CRACKERS:** Varies with cracker type				
4 **Breakfast**: Milk/Cereal/Mandarin Oranges **Lunch**: Hamburger Gravy (HM) over Mashed Potatoes Green Beans Mixed Fruit Whole Wheat Bread* Milk 1% or Whole **PM Snack**: Water/Pepperoni/ Cheese Chunks/Club Crackers (4)	**5** **Breakfast**: Milk/Diced Peaches/ Multi-Grain Crackers (4) **Lunch**: Beef & Noodle (HM) Mashed Potatoes Cooked Carrots Banana Whole Wheat Bread * Milk 1% or Whole **PM Snack**: Water/Pineapple/ Cottage Cheese	**6** **Breakfast:** Milk/ Bagel/Jelly/ Blueberries **Lunch:** Chicken Strips (HM) Mashed Potatoes W/Gravy Strawberries Whole Wheat Bread * Milk 1% or Whole **PM Snack:** Water/Yogurt/ Animal Crackers (10)	**7** **Breakfast**: Milk/Banana/Cereal **Lunch**: Soft Taco w/ Meat (HM) * Cream Corn/Corn (HS) Pineapple Tidbits Milk 1% or Whole **PM Snack**: Apple Juice/ Tortilla Chips/ Cheese Dip	**8** **SNACK:** **O.J or any other full strength 100% juice:** 1/2 Cup **MILK** : 1/2 Cup 1% for -2yrs old and above or Whole for 1yrs old up to 2 yrs **FRUIT:** 1/2 Cup **CEREAL:** 1/3 Cup (Cold) **CRACKERS:** Varies with cracker type **MEAT:** Meat Alternative: 1/2 oz.: Exception: Egg (1/2)
11 **Breakfast**: Milk/Cereal/Mandarin Oranges **Lunch**: Sloppy Joe (HM) on Whole Wheat Bun* Succotash Applesauce Milk 1% or Whole **PM Snack**: Water/Cheese Chunks/Pretzels	**12** **Breakfast**: Milk/Peaches/ Scrambled eggs/ Wheat Bread * Lunch: Ham Scallop Potatoes Green Beans Banana Whole Wheat Bread Milk 1% or Whole **PM Snack**: Water/Yogurt/ Blueberries	**13** **Breakfast:** Milk/Hard Boiled Egg/ Strawberries **Lunch:** Pepperoni Pizza (HM) Cottage Cheese California Blend Banana Milk 1% or Whole **PM Snack:** Water/Oranges/ Mandarin Oranges/WW Bread*/Jelly	**14** **Breakfast:** Milk/Pears/Goldfish Crackers (10) **Lunch:** Chili w/ Meat (HM) Mixed Vegetables Strawberries & Bananas Whole Wheat Bread * Milk **PM Snack**: Water/ Cucumber Slices /Flipside Crackers (4)	**15** List of Cereal served for Breakfast or PM snack **Multi-Grain Cheerio's** **Rice Krispies** **Crispix** **Cheerio's** **Corn Flakes** **Rice Chex** **Life Cereal**
18 **Breakfast**: Milk/Cereal/ Blueberries **Lunch**: Sausage Gravy (HM) over Biscuits Green Beans Pineapple Tidbits Milk 1% or Whole **PM Snack**: Water/Fruit Cup/Ritz Crackers(4)	**19** **Breakfast**: Milk/Multi-Grain Crackers (4)/Mixed Fruit **Lunch**: Pancake (WW) with Syrup Sausage Tater Tots Applesauce Milk 1% or Whole **PM Snack**: Water/Peaches / Flipside Crackers(4)	**20** **Breakfast:** English Muffins/Jelly/ Banana/Milk **Lunch:** Salisbury Steak/Gravy (HM) Mashed Potatoes Applesauce Whole Wheat Bread * Milk 1% or Whole **PM Snack**: Juice/Cheese Sauce/ Tortilla	**21** **Breakfast:** Milk/Pears/Cheese-its (10) **Lunch:** Spaghetti w/ Meat * (HM) Green Beans/Salad w/ Dressing Orange Slices Garlic Bread Milk 1% or Whole **PM Snack**: Yogurt/Animal Crackers (10)/Water	**22**
25 **Breakfast**: Milk/Cereal/ Blueberries **Lunch**: Shredded Chicken on Whole Wheat Bun * Peas Mixed Fruit Milk 1% or Whole **PM Snack**: Water/Strawberries Snack Mix (HM)	**26** **Breakfast:** Milk/Mandarin Oranges/ Bagel /Cream Cheese **Lunch:** Johnny Marzetti W/ Beef Cream Corn Applesauce Whole Wheat Bread * Milk 1% or Whole **PM Snack**: Water/ Cheese Chunks/Multi-Grain Crackers (4)	**27** **Breakfast:** Milk/Pineapple/ Multi-Grain Crackers (4) **Lunch**: Cheeseburger on Whole Wheat Bun * Baked Beans Banana Milk 1% or Whole **PM Snack:** Graham crackers(4)/ Peaches/Water	**28** **Breakfast:** Milk/Hard Boiled Egg/ Strawberries **Lunch:** Pepperoni Pizza (HM Cottage Cheese California Blend Banana Milk 1% or Whole **PM Snack**: Water/Ham & Cheese Wrap/WW Tortilla*	**29** **This institution is an equal opportunity provider**