

COSHOCTON COUNTY EARLY HEAD START

2023-2024 BREAKFAST-LUNCH-SNACK

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>This institution is an equal opportunity provider</p>		<p>1 <u>Breakfast:</u> Milk/ Bagel/Jelly/ Blueberries <u>Lunch:</u> Chicken Strips (HM) Mashed Potatoes W/Gravy Strawberries Whole Wheat Bread * Milk 1% or Whole <u>PM Snack:</u> Water/Yogurt/ Animal Crackers (10)</p>	<p>2 <u>Breakfast:</u> Milk/Banana/Cereal <u>Lunch:</u> Soft Taco w/ Meat (HM) * Cream Corn/Corn (HS) Pineapple Tidbits Milk 1% or Whole <u>PM Snack:</u> Apple Juice/ Tortilla Chips/ Cheese Dip</p>	<p>3 <u>BREAKFAST</u> 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</p>
	<p>6 <u>Breakfast:</u> Milk/Cereal/Mandarin Oranges <u>Lunch:</u> Sloppy Joe (HM) on Whole Wheat Bun * Succotash Applesauce Milk 1% or Whole <u>PM Snack:</u> Water/Cheese Chunks/Pretzels</p>	<p>7 <u>Breakfast:</u> Milk/Peaches/ Scrambled eggs/ Wheat Bread * <u>Lunch:</u> Beef & Noodles Mashed Potatoes Green Beans Banana Whole Wheat Bread Milk 1% or Whole <u>PM Snack:</u> Water/Yogurt/ Blueberries</p>	<p>8 <u>Breakfast:</u> Milk/Hard Boiled Egg/ Strawberries <u>Lunch:</u> Pepperoni Pizza (HM) Cottage Cheese California Blend Banana Milk 1% or Whole <u>PM Snack:</u> Water/Oranges/ Mandarin Oranges/WW</p>	<p>9 <u>Breakfast:</u> Milk/Pears/Goldfish Crackers (10) <u>Lunch:</u> Chili w/ Meat (HM) Mixed Vegetables Strawberries & Bananas Whole Wheat Bread * Milk <u>PM Snack:</u> Water/ Cucumber Slices /Flipside Crackers (4)</p>
<p>13 <u>Breakfast:</u> Milk/Cereal/ Blueberries <u>Lunch:</u> Sausage Gravy (HM) over Biscuits Green Beans Pineapple Tidbits Milk 1% or Whole <u>PM Snack:</u> Water/Fruit Cup/Ritz Crackers(4)</p>	<p>14 <u>Breakfast:</u> Milk/Multi-Grain Crackers (4)/Mixed Fruit <u>Lunch:</u> Pancake (WW) with Syrup Sausage Tater Tots Applesauce Milk 1% or Whole <u>PM Snack:</u> Water/Peaches / Flipside Crackers(4)</p>	<p>15 <u>Breakfast:</u> English Muffins/Jelly/ Banana/Milk <u>Lunch:</u> Salisbury Steak/Gravy (HM) Mashed Potatoes Applesauce Whole Wheat Bread * Milk 1% or Whole <u>PM Snack:</u> Juice/Cheese Sauce/ Tortilla</p>	<p>16 <u>Breakfast:</u> Milk/Pears/Cheese- its (10) <u>Lunch:</u> Spaghetti w/ Meat * (HM) Green Beans/Salad w/ Dressing Orange Slices Garlic Bread Milk 1% or Whole <u>PM Snack:</u> Yogurt/Animal Crackers (10)/Water</p>	<p>17 <u>SNACK:</u> 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)</p>
<p>20 <u>Breakfast:</u> Milk/Cereal/ Blueberries <u>Lunch:</u> Shredded Chicken on Whole Wheat Bun * Peas Mixed Fruit Milk 1% or Whole <u>PM Snack:</u> Water/Strawberries Snack Mix (HM)</p>	<p>21 <u>Breakfast:</u> Milk/Mandarin Oranges/ Bagel /Cream Cheese <u>Lunch:</u> Johnny Marzetti W/ Beef Cream Corn Applesauce Whole Wheat Bread * Milk 1% or Whole <u>PM Snack:</u> Water/ Cheese Chunks/Multi-Grain Crackers (4)</p>	<p>22 <u>Breakfast:</u> Milk/Pineapple/ Multi-Grain Crackers (4) <u>Lunch:</u> Cheeseburger on Whole Wheat Bun * Baked Beans Banana Milk 1% or Whole <u>PM Snack:</u> Graham crackers(4)/ Peaches/Water</p>	<p>23 End of the Year Event</p>	<p>24 List of Cereal served for Breakfast or PM snack Multi-Grain Cheerio's Rice Krispies Crispix Cheerio's Corn Flakes Rice Chex Life Cereal</p>
<p>27 Memorial Day No School</p>	<p>28 <u>Breakfast:</u> Milk/Cereal/Mandarin Oranges <u>Lunch:</u> Hamburger Gravy (HM) over Mashed Potatoes Green Beans Mixed Fruit Whole Wheat Bread* Milk 1% or Whole <u>PM Snack:</u> Water/Pepperoni/ Cheese Chunks/Club Crackers (4)</p>	<p>29 <u>Breakfast:</u> Milk/Diced Peaches/ Multi-Grain Crackers (4) <u>Lunch:</u> Ham Scallop Potatoes Cooked Carrots Banana Whole Wheat Bread * Milk 1% or Whole <u>PM Snack:</u> Water/Pineapple/ Cottage Cheese</p>	<p>30 <u>Breakfast:</u> Milk/ Bagel/Jelly/ Blueberries <u>Lunch:</u> Chicken Strips (HM) Mashed Potatoes W/Gravy Strawberries Whole Wheat Bread * Milk 1% or Whole <u>PM Snack:</u> Water/Yogurt/ Animal Crackers (10)</p>	<p>31 <u>Breakfast:</u> Milk/Banana/ Cereal <u>Lunch:</u> Soft Taco w/ Meat (HM)* Cream Corn/Corn (HS) Pineapple Tidbits Milk 1% or Whole <u>PM Snack:</u> Apple Juice/ Tortilla Chips/ Cheese Dip</p>