



## Community Services Head Start Program 2025-2026 Menu Cycle One



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	<b>BREAKFAST</b>	MILK	MILK CHERRY PINEAPPLE MIX*	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		PEACHES		MANDARIN ORANGES	BANANA	MIX BERRIES*+
Grain/Meat*	1/2 oz eq	1/2 oz eq		MINI BAGEL**	FRENCH TOAST STICKS	EGG	WG CEREAL	YOGURT PARFAIT
Milk	1/2 cup	3/4c/1/2pt	<b>LUNCH</b>	MILK	MILK	MILK	MILK CINNAMON COOKED	MILK
Fruit*	1/8 cup	1/4 cup		PEAS/CARROTS*	ORANGE SMILES* BROCCOLI/ CAULIFLOWER*+	PEARS	APPLES COLORFUL	TROPICAL FRUIT*+
Vegetable	1/8 cup	1/4 cup		MASH POTATOS		GREEN BEANS	CABBAGE SALAD*+	CHICKEN
Grain	1/2 oz eq	1/2 oz eq		CORNBREAD	1/2 WW BREAD	BURGER	CORNBREAD	RAMEN*
Meat/MA	1 oz	1 1/2 oz		SALISBURY STEAK**	BBQ CHICKEN	WONDERLAND*+	FISH**	SOUP
Milk	1/2 cup	1/2 cup	<b>PM SNACK</b>	FRUIT-ASTIC* SALSA		APPLE BITES*	1/2 SUNBUTTER	WHEAT THIN CRACKERS**
Fruit	1/2 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq			CHEESY	YOGURT GO-GURT		
Meat/MA	1/2 oz	1/2 oz		RICE CAKE**	ENGLISH MUFFIN		SANDWICH	CHEESE STICK
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free      At least one serving of grains per day must be whole grain-rich.

**\*\* CN Product**

(Lactose free milk is served for children with lactose intolerance that have a Doctor statement)

**\*At breakfast MEAT/MA may be served in place of grain up to 3 times a week      \* lunch 2 VEGETABLES maybe served in place of FRUIT**

**At Snack serve 2 components plus water**

**\*Good Source of Vitamin C**

**+Good Source of vitamin A**



## Community Services Head Start Program 2025-2026 Menu Cycle Two



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		MIXED FRUIT	COOKED APPLES	PEARS	APRICOTS*+	BERRY BANANA
Grain/Meat*	1/2 oz eq	1/2 oz eq		WG CEREAL	CINNAMON TOAST	GOLDEN PORRIDGE	SAUSAGE BISCUIT	SPLIT*+
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		TROPICAL FRUIT*+	MANGO*	MIX BERRIES*+ GREEN SALAD MIX w tomatoes/*+	PEACHES	PEAS/CARROTS*+
Vegetable	1/8 cup	1/4 cup		CARROTS*	TATOR TOTS	SOUTHWEST CHICKEN QUESADILLA	GREEN BEANS	MASH POTATOS
Grain	1/2 oz eq	1/2 oz eq		WAFFLE & CHICKEN**	SLOPPY JOE		GROUND BEEF CHEESESTEAK SANDWICH	WW ROLL CHICKEN NUGGETS**
Meat/MA	1 oz	1 1/2 oz						
Milk	1/2 cup	1/2 cup	PM SNACK	BANANA	BIG BIRD SUNRISE SMOOTHIE*	CHEESY CORN RANCH FRITOS	CHEEZ-IT CRACKERS	MANDARIN ORANGES
Fruit	1/2 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup		ANIMAL CRACKER	CRACKERS	TURKEY ROLL-UP	WATER	MINI CINNAMON ROLL**
Grain	1/2 oz eq	1/2 oz eq						
Meat/MA	1/2 oz	1/2 oz		WATER	WATER	WATER	WATER	
Water	1/2 cup	1/2 cup						

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free At least one serving of grains per day must be whole grain-rich.

\*\* CN Product

(Lactose free milk is served for children with lactose intolerance that have a Doctor statement)

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At Snack serve 2 components plus water

\*Good Source of Vitamin C

+Good Source of vitamin A



## Community Services Head Start Program 2025-2026 Menu Cycle Three



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		BANANA	BREAKFAST	APPLESAUCE MINI CINNAMON ROLL**	PINEAPPLE	PEACHES TOASTED ENGLISH MUFFIN w/jelly
Grain/Meat*	1/2 oz eq	1/2 oz eq		WG CERAL	PIZZA*+		1/2 TOAST & 1/2 EGG	
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		APPLE BITES* SPINACH SALAD w/tomatoes*+	ROSIE PEARS	ORANGE SMILES* CUCUMBER & TOMATO SALAD*+	MANGO*+	BERRY MIX*+ COLORFUL CABBAGE SALAD*+
Vegetable	1/8 cup	1/4 cup			CHEESY BROCCOLI*		DICED TOMATOES*	
Grain	1/2 oz eq	1/2 oz eq			BROWN RICE	TUNA SALAD	TWO HEADED	CORNBREAD
Meat/MA	1 oz	1 1/2 oz		PIZZA**	BAKED CHICKEN	SANDWICH	MONSTER MEAL*	FISH**
Milk	1/2 cup	1/2 cup	PM SNACK	1/2 CINNAMON TOAST  YOGURT GO-GURT  WATER	WW CRACKERS  EGG  WATER	WG GOLDFISH CRACKERS  CHEESE STICK  WATER	BROCCOLI & CAULIFLOWER  WW CRACKERS  WATER	TEDDY BEAR SMOOTHIE* GRAHAM CRACKERS  WATER
Fruit	1/2 cup	1/2 cup						
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq						
Meat/MA	1/2 oz	1/2 oz						
Water	1/2 cup	1/2 cup						

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free      At least one serving of grains per day must be whole grain-rich.  
(Lactose free milk is served for children with lactose intolerance that have a Doctor statement)

\*\* CN Product

\*At breakfast MEAT/MA may be served in place of grain up to 3 times a week      \* lunch 2 VEGETABLES maybe served in place of FRUIT

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## Community Services Head Start Program 2025-2026 Menu Cycle Four



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Milk</b>	1/2 cup	3/4c/1/2pt	<b>BREAKFAST</b>	MILK	MILK	MILK	MILK	MILK
<b>Fruit/Vegetable</b>	1/4 cup	1/2 cup		MANGO*+	APRICOTS*+	PEARS FRENCH TOAST STICKS	BERRY BANANA	TROPICAL FRUIT*+
<b>Grain/Meat*</b>	1/2 oz eq	1/2 oz eq		SAUSAGE BISCUIT	GOLDEN PORRIDGE		SPLIT*+	WAFFLE
<b>Milk</b>	1/2 cup	3/4c/1/2pt	<b>LUNCH</b>	MILK	MILK	MILK	MILK	MILK
<b>Fruit*</b>	1/8 cup	1/4 cup		PEACHES GREEN SALAD MIX w/tomatoes*+	PEAS & CARROTS*	APPLE BITES*	MANGO*+	GREEN BEANS
<b>Vegetable</b>	1/8 cup	1/4 cup		CRABBY PATTY	WW ROLL TATOR TOT CASSEROLE	CHICKEN	BABY CARROTS*	MASHED POTATO
<b>Grain</b>	1/2 oz eq	1/2 oz eq		BURGER**		TORTILLA	TURKEY & CHEESE	CORNBREAD
<b>Meat/MA</b>	1 oz	1 1/2 oz				SOUP*	SANDWICH	SALISBURY STEAK**
<b>Milk</b>	1/2 cup	1/2 cup	<b>PM SNACK</b>	PINEAPPLE & CHERRY MIX*	MEXICAN STREET CORN	FRUIT-ASTIC* SALSA		ORANGE SMILES*
<b>Fruit</b>	1/2 cup	1/2 cup		ANIMAL CRACKER	FRITOS	GRAHAM CRACKERS	CHEESY	WHEAT THIN CRACKERS
<b>Vegetable</b>	1/2 cup	1/2 cup					ENGLISH MUFFIN	
<b>Grain</b>	1/2 oz eq	1/2 oz eq						
<b>Meat/MA</b>	1/2 oz	1/2 oz						
<b>Water</b>	1/2 cup	1/2 cup			WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free

At least one serving of grains per day must be whole grain-rich.

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## Community Services Head Start Program 2025-2026 Menu Cycle Five



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK		
Fruit/Vegetable	1/4 cup	1/2 cup		BANANA	MANDARIN ORANGES	APRICOTS*+	PINEAPPLE	APPLESAUCE		
Grain/Meat*	1/2 oz eq	1/2 oz eq		WG CERAL	MINI BAGEL	1/2 TOAST & 1/2 EGG	CINNAMON TOAST	SAUSAGE BISCUIT		
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK	MILK	MILK	MILK	MILK		
Fruit*	1/8 cup	1/4 cup		MANGO*+	ROSIE APPLESAUCE	ORANGE SMILES* CUCUMBER &	MANGO*+	BERRY MIX*+ COLORFUL		
Vegetable	1/8 cup	1/4 cup		GREEN BEANS	CHEESY BROCCOLI*	TOMATO SALAD*+	TWO HEADED	CABBAGE SALAD*+		
Grain	1/2 oz eq	1/2 oz eq		CHICKEN	BROWN RICE	TUNA SALAD	MONSTER	CORNBREAD		
Meat/MA	1 oz	1 1/2 oz		SPAGHETTI	BAKED CHICKEN	SANDWICH	MEAL*	FISH**		
Milk	1/2 cup	1/2 cup	PM SNACK	PINEAPPLE	TROPICAL	PEARS	CHEESY CORN RANCH FRITOS	TROPICAL FRUIT*+		
Fruit	1/2 cup	1/2 cup			SMOOTHIE*+					
Vegetable	1/2 cup	1/2 cup			GOLDFISH CRACKERS				WW CRACKERS	CHEEZ-IT CRACKERS
Grain	1/2 oz eq	1/2 oz eq							WATER	
Meat/MA	1/2 oz	1/2 oz							WATER	
Water	1/2 cup	1/2 cup							WATER	

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free      At least one serving of grains per day must be whole grain-rich.

\*\* CN Product

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\*At breakfast MEAT/MA may be served in place of grain up to 3 times a week      \* lunch 2 VEGETABLES maybe served in place of FRUIT

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## Community Services Head Start Program 2025-2026 Menu Cycle Six



Component	Age 1-2	Age 3-5	Meal	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	1/2 cup	3/4c/1/2pt	BREAKFAST	MILK	MILK	MILK	MILK	MILK
Fruit/Vegetable	1/4 cup	1/2 cup		BANANA WW TOAST w/SUNBUTTER	PEACHES	BREAKFAST	ROSIE PINEAPPLE	COOKED APPLES
Grain/Meat*	1/2 oz eq	1/2 oz eq		w/SUNBUTTER	WG CEREAL	PIZZA*+	SAUSAGE BISCUIT	MINI CINNAMON ROLL
Milk	1/2 cup	3/4c/1/2pt	LUNCH	MILK PINEAPPLE & CHERRY MIX*+ GREEN SALAD w/tomatoes*+	MILK CINNAMON APPLESAUCE	MILK	MILK	MILK
Fruit*	1/8 cup	1/4 cup		MIX*+ GREEN SALAD w/tomatoes*+	CHEESY BROCCOLI*	ROSIE PEARS GREEN SALAD w/tomatoes*+	TROPICAL FRUIT*+	APRICOTS*+
Vegetable	1/8 cup	1/4 cup			BROWN RICE	BEEF & CHEESE SOFT TACO	CHICKEN	TATOR TOTS
Grain	1/2 oz eq	1/2 oz eq			PIZZA**	BAKED CHICKEN	RAMEN*	GROUND BEEF CHEESE STEAK SANDWICH
Meat/MA	1 oz	1 1/2 oz						
Milk	1/2 cup	1/2 cup	PM SNACK		MANGO*+	MIX FRUIT		
Fruit	1/2 cup	1/2 cup						BERRY & YOGURT PARFAIT*+
Vegetable	1/2 cup	1/2 cup						
Grain	1/2 oz eq	1/2 oz eq		CHEEZ-IT CRACKERS	WHEAT THIN CRACKERS	ANIMAL CRACKER	WW CRACKERS	
Meat/MA	1/2 oz	1/2 oz		TURKEY ROLL UP			CHEESE STICK	
Water	1/2 cup	1/2 cup		WATER	WATER	WATER	WATER	WATER

The quantities of food specified are the minimum serving size for children ages 1-5 based on the Child and Adult Food Program

Age 1 serve whole milk/Ages 2-18 serve 1% or fat-free

At least one serving of grains per day must be whole grain-rich.

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