

Mt. Hood Community College Head Start and Early Head Start Menu

December 2nd, 2019 to January 3rd, 2020

(1)	Monday December 2 nd	Tuesday December 3 rd	Wednesday December 4 th	Thursday December 5 th	Friday December 6 th
Breakfast	Corn flakes(1/2 cup) (Kellogg's) Orange slices, fresh Milk	Waffles(WG)(1) Applesauce Milk	Rice Krispy cereal (1/2 cup) (Maltomeal) Cantaloupe melon, fresh Milk	Toasted O's cereal (WG) (1/2 cup) (Kursteez) Orange slices, fresh Milk	Oatmeal(WG)(1/2 cup) (Bob's Red Mill) Bananas Milk
Lunch	Tuna salad sandwich (1/2) on bread(WW) (1) Steamed cabbage Kiwi fruit, fresh Milk	BBQ chicken on bun(WW) (1) Roasted cauliflower Apple slices, fresh Milk	Lentil soup(1/2 cup) Sliced cheese Bread roll(WW)(1) BUTTERED PARSNIPS Strawberries, fresh Milk	Tostada(WG)(1) with bean and cheese Peas Pineapple, fresh Milk	Spaghetti (1/2 cup) w/meatballs ROASTED RUTABAGA STICKS Pear slices, fresh Milk
Snack	Wheat crackers(WW)(1/2 cup) Peaches, canned Water – FD -> Milk – PD ->	String cheese sticks (1) Carrot sticks*	Tortilla chips(1/2 cup) w/salsa Jicama sticks* w/lime	Vanilla yogurt(Nancy's) Apple slices, fresh	Pita bread (WW)(1) w/hummus Cucumber slices

(2)	Monday December 9 th	Tuesday December 10 th	Wednesday December 11 th	Thursday December 12 th	Friday December 13 th
Breakfast	Bran flakes(WG)(1/2 cup) (Kellogg's) Bananas Milk	Rice Krispy cereal (1/2 cup) (Maltomeal) Apple slices, fresh Milk	Toasted O's (WG)(1/2cup) (Krusties) Tangerines, fresh Milk	English muffin(WW)(1) w/cream cheese Orange slices, fresh Milk	Oatmeal(WG)(1/2 cup) (Bob's Red Mill) Bananas Milk
Lunch	Bean and cheese burrito in tortilla(WW)(1) Corn Orange slices, fresh Milk	Homemade veggie soup w/chicken Bread roll(WW)(1) Pear slices, fresh Milk	Chicken nuggets Bread roll(WW)(1) MASHED RUTABAGA AND POTATOES Strawberries Milk	Spanish rice(1/2 cup) w/chicken Steamed green beans Pineapple, fresh Milk	Spaghetti(1/2 cup) w/meatballs CARMELIZED TURNIPS Kiwi fruit, fresh Milk
Snack	String cheese sticks Sliced red peppers, fresh Water – FD -> Milk – PD ->	Goldfish crackers (1/2 cup) Broccoli, fresh w/ranch	Animal crackers(2 oz) Honeydew melon, fresh	Wheat crackers(WW) (1/2 cup) Carrot sticks*	Vanilla Yogurt(Nancy's) Apple slices, fresh

This institution is an equal opportunity provider. **Condiment.** Extra Component. All caps: HARVEST FOR HEALTHY KIDS FEATURED VEGETABLE/FRUIT. V (vegetarian) and DF (dairy free) recipes. Note: No peanut butter or pork served in this menu. Limited fresh, uncooked fruits and vegetables served to children under 18 months old in EHS. *blanched for EHS. whole grain is noted with :(WG) and whole wheat is noted with :(WW). Fruit: ½ cup for snacks and breakfast ¼ cup for lunch. Vegetables: ½ cup for snacks and breakfast ¼ cup for lunch. Meats/Meat Alternatives and Cheeses: 1 oz for snacks and 1.5 oz for lunch. All milk served is unflavored. 1% milk for ages 2-5 and whole milk for ages 12-23 months. All cereals served are labeled with brand and noted with (WG) if whole grain. Notice: Menu subject to change without notice when necessary.

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(3)	Monday December 16 th	Tuesday December 17 th	Wednesday December 18 th	Thursday December 19 th	Friday December 20 th
Breakfast	Corn flakes(1/2 cup) (Kellogg's) Cantaloupe melon, fresh Milk	Bran flakes(WG)(1/2 cup) (Kellogg's) Bananas Milk	English muffin(WW)(1/2) w/butter Honeydew melon, fresh Milk	Toast(WW)(1) w/jam Orange slices, fresh Milk	Toasted O's (WG)(1/2cup) (Krusties) Bananas Milk
Lunch	Bean and cheese burrito in tortilla(WW)(1) Corn Orange slices, fresh Milk	Spanish rice(1/2 cup) w/chicken Peas Pineapple, fresh Milk	Teriyaki chicken w/ Brown rice(WG)(1/2 cup) BUTTERED PARSNIPS Kiwi fruit, fresh Milk	Spaghetti(1/2 cup) w/ meatballs Steamed cabbage Strawberries, fresh Milk	Turkey sausage patty Brown rice(WG)(1/2 cup) MASHED PARSNIPS AND TURNIPS Apple slices, fresh Milk
Snack	Pretzels(1/2 cup) Carrot sticks* Water – FD-> Milk – PD ->	Pita bread (WW)(1) w/hummus Cucumber slices	Tortilla chips(1/2 cup) w/salsa Jicama sticks* w/lime	Wheat crackers(WW) (1/2 cup) Carrot sticks*	String cheese sticks Sliced red peppers, fresh

(4)	Monday December 23 rd	Tuesday December 24 th	Wednesday December 25 th	Thursday December 26 th	Friday December 27 th
Breakfast	Program Closed Winter Break	Program Closed Winter Break	Program Closed Winter Break	Program Closed Winter Break	Program Closed Winter Break
Lunch					
Snack					

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December 2nd, 2019 to January 3rd, 2020

(5)	Monday December 30 th	Tuesday December 31 st	Wednesday January 1 st	Thursday January 2 nd	Friday January 3 rd
Breakfast	Program Closed Winter Break	Program Closed Winter Break	Program Closed Winter Break	Program Closed Winter Break	Program Closed Winter Break
Lunch					
Snack					

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