

M t. Hood Community College Head Start and Early Head Start Menu – **FOOD SERVICE COPY**

May 29, 2017 – June 16, 2017

(1)	May 29	May 30	May 31	June 1	June 2
Breakfast	MEMORIAL DAY  NO SCHOOL	Pancakes Blueberries Milk	WW Bagel w/ Cream Cheese Pineapple Milk	Cream of Wheat Mixed Berries Milk	Cheerios Bananas Milk
Lunch		Turkey Sandwich on WW Bread Cauliflower w/ <b>Ranch</b> Honeydew Melon Milk	Cheeseburger on WW Bun w/ <b>Catsup</b> Roasted Sweet Potatoes Kiwi Milk	Macaroni and Cheese Blanched Pea Pods w/ Cottage Cheese Mixed Melon Milk	Chicken w/Gravy Rice Broccoli Florets Oranges Milk
Snack		Graham Crackers Carrot Sticks Milk	Saltines Broccoli w/Ranch Milk	Goldfish Crackers Apple Slices Milk	Peach Muffin Squares Pears Milk

(2)	June 5	June 6	June 7	June 8	June 9 Last Day PDPY
Breakfast	Oatmeal Orange Slices Milk	Waffles Applesauce Milk	Rice Krispies Peaches Milk	WW English Muffins w/ <b>Margarine</b> Apple Slices Milk	Cereal Fruit Milk <b>(From Emergency Food Box)</b>
Lunch	Sweet and Sour Chicken Cabbage-Apple Slaw Peaches Milk	Homemade Vegetable Soup Cheese Slices Saltines Fresh Pear Slices Milk	BBQ Meatballs Brown Rice Steamed Red Cabbage Wedges Kiwi Milk	Baked Penne w/Cheese Carrot Sticks Cantaloupe Milk	Tuna and Wheat Thins Green Beans Fruit Milk <b>(From Emergency Food Box)</b>
Snack	Graham Crackers Apricots Water	Animal Crackers Blueberries Milk	Pretzels Oranges Milk	Wheat Crackers Jicama* Milk	Animal Crackers Fruit Milk <b>(From Emerg. Food Box)</b>

This institution is an equal opportunity provider. **Condiments** Extra Component. *HARVEST FOR HEALTHY KIDS FEATURED FRUIT/VEGETABLE* note: No peanut butter or pork served in this menu V (vegetarian) and DF (dairy free) substitutions can be found on Recipe and Food Preparation Instruction sheets \*blanched for EHS (**cooked for under 18 months**) **Under 18 months old (in bold) – iron fortified infant cereal served to under 12 months old as required, substitute cooked/peeled/pureed foods as needed, no eggs under 12 months.**

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(3)	June 12	June 13	June 14	June 15	June 16 Last Day FD ECC and CC PD
Breakfast	Rice Krispies Bananas Milk	French Toast Mixed Berries Milk	Corn Flakes Apricots Milk	Whole Wheat Toast Peaches Milk	Cream of Wheat Blueberries Milk
Lunch	Bean- Cheese Burrito WW Tortilla w/ <b>Salsa</b> Cauliflower w/ <b>Ranch</b> Lettuce and Tomato Peaches Milk	Cold Vegetable Toss Cheese Slices Fresh Cantaloupe Milk	Teriyaki Meatballs Brown Rice Roasted Carrots w/ <b>Butter</b> <b>and Parsley</b> Kiwi Milk	Lentil Soup Saltine Crackers Cheese Slice Cauliflower w/ <b>Ranch</b> Orange Slices Milk	Spanish Rice w/Chicken Broccoli w/ <b>Ranch</b> Apple Slices Milk
Snack	Toasted WW Bagel Half w/ <b>Cream Cheese</b> Oranges, sliced	Biscuits Strawberries Milk	Bread Stick Broccoli w/ <b>Ranch</b> Milk	Animal Crackers Applesauce Milk	Graham Crackers Pears Milk

June 19 – June 23 – Program Closed  
Cascade Crossing make up days June 26 – June 30

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