

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

May 1, 2017 – May 26, 2017

(3)	May 1	May 2	May 3	May 4	May 5
Breakfast	Rice Krispies Pears Milk	French Toast Applesauce Milk	Corn Flakes Apricots Milk	WW Toast w/ Jelly Fresh Pineapple Milk	Cream of Wheat Blueberries Milk
Lunch	Spanish Rice w/Chicken Baby Carrots Apple Slices Milk	Spaghetti w/ Meatballs Lettuce and Spinach Salad w/ Ranch Kiwi Milk	Teriyaki Chicken Brown Rice ROASTED ASPARAGUS Apple Slices Milk	Bean and Cheese w/ WW Tortilla Salsa Lettuce and Tomatoes Peaches Milk	Chicken w/Gravy WW Rolls COLD CHINESE ASPARAGUS SALAD Honeydew Melon Milk
Snack	Pretzels Peaches Milk	Animal Crackers Strawberries Milk	Bread Stick w/ Marinara Broccoli Milk	Graham Crackers Strawberries	Pumpkin Muffins Pears Milk

(4)	May 8	May 9	May 10	May 11	May 12
Breakfast	Bran Flakes Orange Slices Milk	Oatmeal Fresh Pears Milk	WW Bagel w/ Cream Cheese Mixed Berries Milk	WW Toast w/ Margarine Apple Slices Milk	Blueberry Muffin Squares Peaches Milk
Lunch	Grilled Cheese on WW Bread Tomato Soup Zucchini Slices w/ Cottage cheese dip Peaches Milk	Pancakes Scrambled Eggs Applesauce Tropical Fruit Salad Milk	Chicken Fettuccini ROASTED ASPARAGUS w/LIME Cantaloupe Milk	Fajita Seasoned Chicken Fajita Vegetables Flour Tortilla Orange Slices Milk	Meatballs w/ Teriyaki Sauce Brown Rice ROASTED ASPARAGUS W/BALSAMIC Fresh Pineapple Milk
Snack	Animal Crackers Vanilla Yogurt Apple Slices Milk	Goldfish Crackers Broccoli w/ Ranch Milk	Wheat Crackers Baby Carrots* Milk	Graham Crackers Apricots Milk	Corn Flakes Bananas Milk

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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(5)	May 15	May 16	May 17	May 18	May 19
Breakfast	Rice Krispies Peaches Milk	Waffles Blueberries Milk	Bran Flakes Bananas Milk	Cream of Wheat Apricots Milk	WW English Muffins w/ Margarine Pears Milk
Lunch	Macaroni and Cheese Blanched Broccoli w/ Cottage Cheese for dip Apple Slices Milk	Red Beans and Rice Peas and Carrots Fresh Pear Slices Milk	Turkey and Cheese Sandwiches on WW Bread ROASTED ASPARAGUS Orange Slices Milk	Lentil Soup Cheese Slices Saltines Cauliflower* w/ Ranch Honeydew Melon Milk	Chicken w/Gravy Rice COLD CHINESE ASPARAGUS SALAD Kiwi MILK
Snack	Animal Crackers Mandarin Oranges Water	Wheat Crackers Broccoli* w/ Ranch Milk	Biscuit Strawberries Milk	Goldfish Crackers Bananas Milk	Bran Muffin Squares Apple Slices Milk

(6)	May 22 All Staff – 12:30	May 23	May 24	May 25	May 26
Breakfast	Corn Flakes Oranges Milk	French Toast Applesauce Milk	Oatmeal Fruit Medley Milk	WW Toast w/ Jelly Mixed Berries Milk	WW Muffin Squares Peaches Milk
Lunch	Tuna Sandwiches Carrots* Fruit Cups Milk	BBQ Chicken on Bun Romaine & Tomato Salad w/Ranch Pineapple Milk	Teriyaki Chicken w/ Yakisoba Noodles ROASTED ASPARAGUS w/ lime Fresh Pears Milk	Hot Vegetable PastaToss Cheese Slices Fresh Pineapple Milk	Meatballs w/ Sweet and Sour Sauce Rice ROASTED ASPARAGUS
Snack	Animal Crackers Peaches Water	Goldfish Crackers Baby Carrots w/Ranch Milk	Biscuit Strawberries Milk	Wheat Crackers Broccoli w/ Ranch Milk	Rice Krispies Banana Milk

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