



Institute of Community Services, Inc. Project Head Start



August 31st - Sept 4th 2026

****This institution is an equal opportunity provider**

Week 1	Component	Ages 1-2	Ages 3-5		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00-9:30	Milk	½ cup	¾ cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veg	¼ cup	½ cup		Applesauce	Strawberries	Orange Wedges	Apricots	Banana
	Grain/Meat+	½ oz eq	½ oz eq		WG Pancakes	WG Oatmeal	WG RS Apple Cinnamon Cheerios	Cheese Grits [^]	WG Toast
Entrée Title					Baked Ham	WG Beef Taco[^]	Sliced Turkey	WG Chicken Patty	Chicken Salad[^]
Lunch 11:00-12:15	Milk [^]	½ cup	¾ cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Veg	1/8 cup	¼ cup		Mashed Potatoes	Corn & Black Bean Medley	Broccoli	Steamed Cabbage	Peas and Carrots
	Fruit*	1/8 cup	¼ cup		Green Beans	Diced Pears	Pineapple Tidbits	Tropical Fruit	Mandarin Oranges
	Grain	½ oz eq	½ oz eq		WG Bread	WG Tortilla	WG Bread	WG Cornbread [^]	Enriched Crackers
	M/MA	1 oz	1 ½ oz		Diced Ham	Ground Beef	Sliced Turkey	Chicken Patty	Cooked, diced chicken
Snack 2:00-2:15	Milk	½ cup	½ cup						
	Fruit	½ cup	½ cup		Diced Peaches	Cubed Mango		100% Apple Juice	
	Veg	½ cup	½ cup						Sliced Cucumbers With Ranch
	Grain	½ oz eq	½ oz eq		WG Graham Cracker	WG Cheez-Its	Enriched Ritz	WG Strawberry Chex Mix	
	M/MA	½ oz	½ oz				LF Yogurt		String Cheese

+Meat and meat alternate may be served in place of the entire grain component at breakfast a maximum of three times per week.

*The fruit component at lunch may be substituted by a second vegetable.

[^]Requires a Standardized Recipe. Oz eq= ounce equivalents WG=Whole Grain Age 1 serve whole milk
Ages 2-18 serve 1% or fat free

Jessica Barnes, PhD, RDN, LD



Institute of Community Services, Inc. Project Head Start

September 7-11, 2026

****This institution is an equal opportunity provider**



Week 2	Component	Ages 1-2	Ages 3-5			Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00-9:30	Milk	½ cup	¾ cup			Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veg	¼ cup	½ cup			Mixed Fruit	Blueberries	Banana	Tropical Fruit
	Grain/Meat+	½ oz eq	½ oz eq			Buttered Grits	WG French Toast Sticks	WG Cheerios	WG Cheese Toast
Entrée Title						WG Chicken Spaghetti^	Baked Chicken	Beef Patty with Gravy	WG Sloppy Joe^
Lunch 11:00-12:15	Milk^	½ cup	¾ cup			Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Veg	1/8 cup	¼ cup			Green Beans	Green Peas	Garden Salad (w/ spinach & romaine)	Cole Slaw
	Fruit*	1/8 cup	¼ cup			Pineapple Tidbits	Mandarin Oranges	Sliced Carrots	Apricots
	Grain	½ oz eq	½ oz eq			WG Spaghetti	WG Dinner Roll	WG Brown Rice	WG Bun
	M/MA	1 oz	1 ½ oz			Cooked, Diced, Chicken	Chicken	Beef Patty	Ground Beef
Snack 2:00-2:15	Milk	½ cup	½ cup						
	Fruit	½ cup	½ cup			100% Grape Juice	Diced Mango	Diced Peaches	
	Veg	½ cup	½ cup						
	Grain	½ oz eq	½ oz eq			WG Strawberry Chex Mix	WG Goldfish	Enriched Raisin Bread	WG Graham Cracker
	M/MA	½ oz	½ oz						LF Yogurt



+Meat and meat alternate may be served in place of the entire grain component at breakfast a maximum of three times per week.

*The fruit component at lunch may be substituted by a second vegetable.

^Requires a Standardized Recipe. Oz eq= ounce equivalents WG=Whole Grain Age 1 serve whole milk
Ages 2-18 serve 1% or fat free

Jessica Barnes, PhD, RDN, LD



Institute of Community Services, Inc. Project Head Start

September 14-18, 2026



****This institution is an equal opportunity provider**

Week 3	Component	Ages 1-2	Ages 3-5		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00-9:30	Milk	½ cup	¾ cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veg	¼ cup	½ cup		Orange Wedges	Blueberries	Diced Pears	Banana	Peaches
	Grain/Meat+	½ oz eq	½ oz eq		Rice Krispies	WG Oatmeal	WG Cheese Toast	WG Waffle	Buttered Grits
Entrée Title					Grilled Chicken	WG Cheese Pizza	Chicken Salad^	Baked Ham	BBQ Chicken^
Lunch 11:00-12:15	Milk^	½ cup	¾ cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Veg	1/8 cup	¼ cup		Broccoli	Mexican Corn^	Sweet Peas	Steamed Cabbage	Green Beans
	Fruit*	1/8 cup	¼ cup		Fruit Cocktail	Apricots	Pineapple Tidbits	Baked Beans	Mashed Potatoes
	Grain	½ oz eq	½ oz eq		WG Bread	WG Crust	Enriched Crackers	WG Cornbread^	WG Dinner Roll
	M/MA	1 oz	1 ½ oz		Grilled Chicken Patty	Cheese	Cooked, Diced Chicken	Sliced Ham	Cooked, Diced Chicken
Snack 2:00-2:15	Milk	½ cup	½ cup						
	Fruit	½ cup	½ cup		Strawberries	100% Orange Juice	Apple Slices		Diced Mango
	Veg	½ cup	½ cup						
	Grain	½ oz eq	½ oz eq			WG Graham Crackers	WG Cheez-Its	WG Tortilla	
	M/MA	½ oz	½ oz		LF Yogurt			Sliced Turkey	String Cheese

+Meat and meat alternate may be served in place of the entire grain component at breakfast a maximum of three times per week.

*The fruit component at lunch may be substituted by a second vegetable.

^Requires a Standardized Recipe. Oz eq= ounce equivalents WG=Whole Grain Age 1 serve whole milk
Ages 2-18 serve 1% or fat free

Jessica Barnes, PhD, RDN, LD



Institute of Community Services, Inc. Project Head Start

September 21-25, 2026



****This institution is an equal opportunity provider**

Week 4	Component	Ages 1-2	Ages 3-5		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9:00-9:30	Milk	½ cup	¾ cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Fruit/Veg	¼ cup	½ cup		Applesauce	Mixed Fruit	Sliced Peaches	Banana	Tropical Fruit
	Grain/Meat+	½ oz eq	½ oz eq		WG RS Cinnamon Toast Crunch	WG Biscuit with Breakfast Ham	Cheesy Grits^	WG Cheerios	WG Cinnamon Toast
Entrée Title					Mac & Cheese^	WG Spaghetti with Meat Sauce^	BBQ Pork Patty	Baked Chicken & Gravy	WG Cheeseburger
Lunch 11:00-12:15	Milk^	½ cup	¾ cup		Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk	Unflavored Milk
	Veg	1/8 cup	¼ cup		Mixed Vegetables	Green Beans	Collard Greens	Steamed Broccoli	Baked Fries
	Fruit*	1/8 cup	¼ cup		Diced Pears	Sliced Carrots	Roasted Sweet Potatoes	Seasoned Pinto Beans^	Apricots
	Grain	½ oz eq	½ oz eq		Enriched Elbow Noodles	WG Spaghetti	WG Cornbread^	WG Brown Rice	WG Bun
	M/MA	1 oz	1 ½ oz		Cheese	Ground Beef	Pork Patty	Chicken	Beef Patty
Snack 2:00-2:15	Milk	½ cup	½ cup						
	Fruit	½ cup	½ cup		Strawberries	Orange Slices	Blueberries	100% Apple Juice	
	Veg	½ cup	½ cup						
	Grain	½ oz eq	½ oz eq		WG Cheez-Its	WG Muffin (Blueberry, Banana, or Apple Cinnamon)	WG Goldfish	Enriched Raisin Bread	WG Graham Cracker
	M/MA	½ oz	½ oz						LF Yogurt

+Meat and meat alternate may be served in place of the entire grain component at breakfast a maximum of three times per week.

*The fruit component at lunch may be substituted by a second vegetable.

^Requires a Standardized Recipe. Oz eq= ounce equivalents WG=Whole Grain Age 1 serve whole milk
Ages 2-18 serve 1% or fat free

Jessica Barnes, PhD, RDN, LD