

**MIAMI-DADE COMMUNITY ACTION AND HUMAN SERVICES
HEAD START/EARLY HEAD START CATERING CYCLE MENU-PROGRAM YEAR 2013-2014**

CYCLE I

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Peach Slices *Cut in bite size pieces	Juicy Juice- Berry	Fresh Apple Slices *Applesauce	Frozen Strawberries *Cut in bite size pieces	Tropical Fruit Cup *Cut in bite size pieces
Cream Cheese *Cheddar Cheese Slice- *Cut in bite size pieces		Boiled Egg *Cut in bite size pieces		
Cinnamon Raisin Bread *Whole Wheat Bread *cut in bite size pieces	Multi-Bran Chex Cereal Pumpenickel Bread – ½ slice *cut in bite size pieces	Carrot Muffin *Cut in bite size pieces	Corn Flakes Cereal Banana Bran Muffin *Cut in bite size pieces	Cheerios Cereal Whole Wheat Bread ¼ Slice *Cut in bite size pieces
Milk	Milk	Milk	Milk	Milk
Brown Stew Chicken *Cut in bite size pieces *Remove skin	Fish Square (CN) *Cut in bite size pieces	Sloppy Joe Sandwich Made with Ground Turkey *Cut in bite size pieces	Meat loaf w/Brown Gravy & 2 oz. Sautéed Sliced Mushrooms* Bite size pieces	Grilled Mojo Pork Chops *Cut in bite size pieces
Frozen Collard Greens Cooked in Chicken Broth	Potatoes and Carrots in Beef Sauce *Cut in bite sized pieces	Tater Tots *Cut in bite size pieces	Steamed Cabbage (Cook Slightly) *Bite size pieces	Oven Fried Plantains *Cut in bite size pieces
Frozen Black-eye Peas cooked in Chicken Broth *Mash peas	Lettuce (1/8 cup) w/Sl. Green Peppers & Diced Tomatoes (1/8 c.) Ranch Dressing *No Salad	Frozen Mixed Vegetable *Cut in bite size pieces	Butternut Squash *Cut in bite size pieces	Frozen Cut Green Beans *Cut in bite size pieces
Brown Rice	Jamaican Rice and Peas (1/3 cup)	Whole Wheat Bun *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Moros y Cristianos (Black Beans and Rice) (1/3 cup)
Milk	Pear Halves- ¼ cup *Cut in bite size pieces			
Whole Wheat Crackers (5) *Multi-Grain Cheerios Cereal	Milk	Milk	Milk	Milk
Apple-Grape Juice	Oatmeal Cookies (3) Fruit Cocktail *Whole Milk	Zucchini Muffin w/Walnuts & Wheat Germ- 37 g. *Kix Cereal- 1/3 cup Orange Juice	Graham Crackers (4) 1 Whole Banana *Whole Milk	½ Cheddar Cheese Sandwich on Whole Wheat Bread- 1 slice *Cut in bite size pieces Juicy Juice- Mango
Water	Water	Water	Water	Water

* EHS Children and their caregivers; Toddlers age 2 and up will receive fat free milk.
It is a requirement that water be available to children per Healthy Hunger Free Kids Act/CCFP and the Department of Children and Families.
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CYCLE II

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Juicy Juice- Kiwi Strawberry	Fruit Cocktail *Cut grapes in half *Cut in bite size pieces	Apple-Grape Juice	Juicy Juice- Orange Tangerine	Citrus Fruit Cup *Cut in bite size pieces
Peanut Butter- 1 Tbsp. *Cheddar Cheese Slice *Cut in bite size pieces		Cream Cheese *Muenster Cheese Slice- *Cut in bite size pieces	Boiled Egg- 1 whole egg *Cut in bite size pieces	* American Cheese Slice
Multi-Grain Bread ½ sl. *Cut in bite size pieces	Multi-Grain Cheerios Cereal Whole Wheat Bread ¼ sl. *Cut in bite size pieces	Cinnamon Raisin Bagel *Whole Wheat Bread ½ sl. *Cut in bite size pieces	Oat Bran Muffin *Cut in bite size pieces	Spoon Size Shredded Wheat *Bran Flakes Cereal Whole Wheat Bread ½ slc. *Cut in bite size pieces
Milk	Milk	Milk	Milk	Milk
Arroz Con Pollo- Chicken served Separately *Chicken in bite size pieces *Remove Skin	Tuna Salad Sandwich *Tuna Salad (2 oz.)	Baked Ham- *Cut in bite size pieces	Hamburger Patty *Hamburger cut in bite size pieces	Chicken Nuggets (CN) HS- 5 *EHS- 4 *Cut in bite size pieces
Mangu (Mashed Green Plantains, chicken broth, bacon)	Lettuce and Diced Tomato *Diced Tomato no skin	Candied Yams *Cut in bite size pieces	Fresh Baby Carrots (1/3 c. for HS) *Frozen Sliced Carrots *Cut in bite size pieces	Baked Beans (1/3 c. HS)
Frozen Spinach	Haitian Pumpkin Soup (1/2 cup) Soupe Jounou	Frozen Green Peas & Sliced Mushrooms *Mushrooms in bite size pieces	Potatoes O'Brien (Diced Potatoes, Onions & Red Peppers)	Whole Kernel Corn *Creamed Corn
Yellow Rice (Arroz) Whole Wheat Bread ½ sl. *Cut in bite size pieces	Whole Wheat Bread 1 sl. *Cut in bite size pieces	White Rice	Whole Wheat Bun *Cut in bite size pieces	Whole Wheat Bread ½ sl. *Cut in bite size pieces
Peach Slices- ¼ cup *Cut in bite size pieces	Ti-Pasta Salad with Cucumbers, Red, Green Bell Peppers *Cut in bite size pieces	Red Kidney Beans 2 oz. *Mashed	Mustard/Ketchup/Mayo	Honey Mustard Sauce
Milk	Milk	Milk	Milk	Milk
Honey Bran Muffin w/Raisins- 25 g. *Kix Cereal 1/3 cup Fresh Apple Slices * Aple sauce	Vanilla Yogurt- 2 oz. Sliced Almonds- 1 Tbsp. *No Almonds 1 Whole Banana *Cut in bite size pieces	Whole Wheat Crackers (5) *Vanilla Wafers (3) Fresh Pear *Whole Milk	Cheerios Cereal- 1/3 cup Tropical Fruit Cup *Cut in bite size pieces	Oatmeal Cookies (3) Raisins- 1 oz *No Raisins Juicy Juice- Punch *Whole Milk
Water	Water	Water	Water	Water

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CYCLE III

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pear Halves *Cut in bite size pieces	Frozen Strawberries *Cut in bite size pieces	Peach Slices *Cut in bite size pieces	Juicy Juice- Mango	Juicy Juice- Berry
Cheerios Cereal Whole Wheat Bread ¼ sl. *Cut in bite size pieces	Muenster Cheese Slice-Low Sodium *Cut in bite size pieces	Peanut Butter- 1 oz. *Cheddar Cheese Slice- *Cut in bite size pieces	*Cheddar Cheese	
Milk	Bran Flakes Cereal Multi-Grain Bread ¼ sl. *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Wheat Chex Cereal- HS Whole Wheat Bread *Cut in bite size pieces	Rice Krispies Cereal Bran Muffin *Cut in bite size pieces
Roast Turkey *Cut in bite size pieces	Milk	Milk	Milk	Milk
Sweet Potato Soufflé	Meat Sauce w/Sliced Mushrooms (Ground Chuck)- 2 oz. for 1-2 yrs.; 3 oz. for 3-5 yrs	Roasted Pork Chunks *Cut in bite size pieces	Fricase de Pollo (Chicken with 2 oz. Mushrooms) *Bite size pieces	Fish Square (CN) *Cut in bite size pieces
Frozen Collard Greens Cooked in Chicken Broth	Frozen Green Beans *Bite size pieces	Oven Fried Plantains *Cut in bite size pieces	Frozen Green Peas *Mashed	Roasted Small Red Potatoes *Bite size pieces
Cornbread Stuffing w/ Chicken Liver w/ Wheat Germ (1/3 c.)	Fruit Cocktail *Cut grapes in half	Frozen Broccoli Florets *Cut in Bite Size Pieces	Yucca with Mojo *Mashed	Whole Kernel Corn *Creamed Corn
Giblet Gravy	Spaghetti *Cut in bite size pieces	Yellow Rice	Whole Wheat Bread *Cut in bite size pieces	Multi-Grain Bread *Cut in bite size pieces
Milk	Garlic Roll (Whole Wheat) *Whole Wheat Bread bite size pieces	Cornbread w/Wheat Germ *Cut in bite size pieces	Brown Rice & Red Beans (Congri) *Red Beans Mashed	Red Pepper, Chick Peas, Cucumber Salad w/ Ranch Dressing- 1/2 c. *No salad
½ Peanut Butter (1 Tbsp.) and Strawberry Preserves Sand. on W. W. Bread 1 sl. *No Peanut Butter *Cut in bite size pieces	Whole Wheat Crackers (5) Pineapple Juice	Milk	Milk	Milk
Water	Water	Cranberry Muffin w/Walnuts- 25 g. *Kix Cereal- 1/3 cup Fresh Apple Slices *Applesauce	Graham Crackers (4) 1 Whole Banana *Cut in bite size pieces	Cuban Crackers (3) Citrus Fruit Cup *Cut in bite size pieces
Water	Water	Water	Water	Water

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CYCLE IV

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit Cocktail *Cut grapes in half *Cut in bite size pieces	Apple Juice	1 Whole Banana *Cut in bite size pieces	Juicy Juice- Kiwi Strawberry	Juicy Juice- Tropical	
Peanut Butter- 1 oz. *No Peanut Butter			Boiled Egg- 1 whole egg *Cut in bite size pieces		
Multigrain Cheerios Cereal Whole Wheat Bread ¼ slice *Cut in bite size pieces	Bran Flakes Cereal Pumpnickel Bread ¼ sl. *Cut in bite size pieces	Oat Bran Muffin *Cut in bite size pieces	Whole Wheat Bread *Cut in bite size pieces	Kix Cereal Mult-Grain Bread ¼ Slice *Bite size pieces	
Milk	Milk	Milk	Milk	Milk	
Boulette (Haitian Meatballs).	Media Noche w Pickle sl. .5 oz. Swiss Cheese .75 oz. Ham .75 oz. Roast Pork *Cut in bite size serve separately	Barbecue Chicken *Cut in bite size pieces	Picadillo- Ground Chuck 2 oz. for 1-2 yrs.; 3 oz. for 3-5 yrs. *No olives	Turkey Sandwich on Whole Wheat Bread *Turkey Slice *Cut in bite size pieces	
Slightly Steamed Frozen Broccoli *Cut in bite size pieces	Spinach Salad w/2 oz. Garbanzo Beans & Ranch Dressing *Cooked Frozen Spinach	Green Beans cooked in Chicken Broth	Frozen Turnip Greens Cooked in Chicken Broth	Split Pea Soup- ½ cup	
Fresh Apple Slices *Applesauce	Tropical Fruit Cup *Cut in bite size pieces	Pear Halves- ¼ cup *Cut in bite size pieces	Green Lima Beans cooked in Chicken Broth	Pineapple Tidbits- ¼ cup *Cut in bite size pieces	
Brown Rice Whole Wheat Bread *Cut in bite size pieces	Media Noche Bun	Whole Wheat Bread *Cut in bite size pieces	Brown Rice Whole Wheat Bread *Cut in bite size pieces	Whole Wheat Bread (1 slice) *Cut in bite size pieces	
	Ranch Dressing Mustard	Pigeon Peas and Rice 1/3 cup *Mash peas		Mayonnaise Ranch Dressing	
Milk	Milk	Milk	Milk	Milk	
Graham Crackers (4)	Banana Walnut Bran Muffin- 25 g.	Cheerios Cereal- 1/3 cup	Whole Wheat Crackers (5) *Multi-Bran Chex Cereal- 1/3 cup	Strawberry Yogurt- 2 oz. 1/3 c. Granola Cereal	
Pineapple Juice	*Banana Bran Muffin- No Walnuts Mandarin Oranges *Cut in bite size pieces	Juicy Juice- Orange Tangerine *Whole Milk	Peach Slices *Whole Milk	*Citrus Fruit Cup *Cut in bite size pieces	
Water	Water	Water	Water	Water	

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✓ Substitute for Early Head Start (Toddlers) and their caretakers ONLY.
INSERTS TO THE CATERING MENU
Encourage children to taste all of the food on their plate.

October, January, March	October, January, March	November, February, April	October, January, March	October, January, March	May, December
Cycle I Tuesday Swedish Meatballs & Noodles ✓ Cut in bite size pieces Broccoli Spears ✓ Cut in bite size pieces Dinner Roll ✓ White Bread Fruit Cocktail ✓ Grapes cut in half Milk	Cycle II Wednesday Sweet & Sour Pork ✓ Cut in bite size pieces Fried Rice Steamed Chinese Vegetables Fresh Fruit in Season (No Apple or Oranges) ✓ Cut in bite size pieces Milk	Cycle III Thursday Shredded Pork Sandwich w/Mojo Sauce Bite size pieces Black Beans Fresh Orange Slices ✓ Membranes removed ✓ Cut in bite size pieces White Rice Enriched Cuban Bread ✓ Cut in bite size pieces Milk	Cycle IV Wednesday Chicken (1 oz.) Fajita ✓ Cut in bite size pieces Grated Cheese (½ oz.) Red Beans & White Rice Chopped Tomato & Shredded Lettuce ✓ Chopped Tomato Fresh Fruit in Season ✓ Cut in bite size pieces Milk	Cycle IV Wednesday Haitian Legume (Beef Stew w/Vegetables) ✓ Cut in bite size pieces Cabbage ✓ Cut in bit size pieces Brown Rice Pear Halves ✓ Cut in bit size pieces Cornbread Milk	
November, February, April Cycle I Thursday Pepper Steak ✓ Cut in bite size pieces Green, Yellow & Red Pepper Slices in Pepper Steak ✓ Cut in bite size pieces Steamed Sliced Carrots Tropical Fruit Cup ✓ Cut in bite size pieces Brown Rice Milk	November, February, April Cycle II Monday Mild Jerked Chicken ✓ Cut in bite size pieces Yellow Rice Blackeye Peas in Chicken Broth Stewed Tomatoes Pears ✓ Cut in bite size pieces Milk	October, January, March Cycle III Monday Corned Beef ✓ Cut in bite size pieces Slightly Steamed Frozen Broccoli ✓ Cut in bite size pieces Yellow Rice Cornbread Fruit Cocktail ✓ Grapes cut in half Milk	November, February, April Cycle IV Tuesday Beef Sausage with Onion & Green Pepper in Tomato Sauce ✓ Cut in bite size pieces White Rice Green Peas & Carrots Roll ✓ No Bread Tropical Fruit Cup ✓ Cut in bite size pieces Milk	May, December Cycle IV Monday Chicken Cacciatore ✓ Cut in bite size pieces Slightly Steamed Yellow Squash *Cut in bite size pieces Sliced Carrots *Cut in bite size pieces Brown Rice Milk	
Hispanic Heritage <i>October 20</i>	Thanksgiving <i>November 18</i>	December Holiday <i>December 15</i>	Black History <i>February 10</i>	Easter <i>April 19</i>	
Ropa Vieja (Shredded Beef in a Tomato Sauce) Yellow Rice Yuca w/Mojo ✓ Cut in bite size pieces Green Peas Rice Pudding Milk	Roasted Turkey ✓ Cut in bite size pieces Corn Casserole Frozen Collard Greens Cornbread Stuffing Sweet Potato Pie ✓ Cut in bite size pieces Milk	Honey Baked Ham ✓ Cut in bite size pieces Macaroni & Cheddar Cheese Frozen Green Beans Glazed Carrots Whole Wheat Bread ✓ Cut in bite size pieces Pumpkin Pie *Bite size pieces Milk	Barbecue Chicken ✓ Cut in bite size pieces Pigeon Peas & Rice Frozen Collard Greens in chicken broth Candied Yams Corn bread Peach Crumb Milk	Honey Baked Ham ✓ Cut in bite size pieces Pearl Onions & Peas Candied Yams Tossed Salad ✓ Chopped Tomato Pear Halves *bite size pieces Coconut Cake *No cake Milk	

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