

MANHASSET/GREAT NECK HEAD START
MENU PLANNING FORM

GUIDE TO MENU PLANNING

1. Include a Vitamin C fruit or vegetable every day. Use citrus, tomato, cabbage family.
2. Include a Vitamin A fruit or vegetable at least 3 times per week: dark green and deep yellow fruits and vegetables
3. Remember to include IRON rich foods as often as possible, for example: liver, dark green leafy vegetables, dried peas, beans
4. Bread and bread alternates must be made of whole grain or enriched flour
5. Plan for variety and eye appeal
6. Consult USDA meal pattern for portion sizes for different age groups
7. Use only full strength juice

DATE: _____
WEEK: # 1

Summer 2017

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PORTION SIZE
BREAKFAST:						
Juice or Fruit	Banana	Orange	Fresh Pear	Applesauce	Strawberries	4 fl. oz. (1/4 cup)
Enriched Bread or Alternate	Cheerios	Whole Wheat Bagel	Wheat Toast	Corn Bread	French Toast	¼ c. cooked ½ slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (¾ cup)
Other Foods (Optional)		Cream Cheese	Vanilla Yogurt		Syrup	
LUNCH:						
Meat or Meat Alternate	Fish Fillet	Hamburger	Grilled Chicken	Turkey	Meat Balls	1½ oz – 1 egg 3/8 cup cooked beans
Vegetable or Fruit	Green Peas & Corn	Sweet Potatoes	Lettuce & Tomato	Mixed Vegetables	Tossed Salad	¼ cup
Vegetable or Fruit	Yellow Apple	Watermelon	Red Grapes	Honeydew	Peaches	¼ cup
Enriched Bread or Alternate	Ravioli	Wheat Bun	Whole Wheat Pasta	Brown Rice	Whole Grain Pasta	¼ cup cooked/ ½ slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (¾ cup)
Other Food (Optional)						
PM SUPPLEMENT:						
Choose 2 of following 4						
1. Milk	1% Milk					½ cup (4 fl. oz.)
2. Fruit, Vegetable, Juice		Apple Juice	Baby Carrots	Juicy Juice	Regina's Fruit Salad	½ cup (4 fl. oz.)
3. Meat or Meat Alternate			Hummus	Cheese Cubes		½ oz.
4. Enriched Bread/Alternate	½ Sunbutter & Jelly Sandwich on Whole Wheat Bread	Goldfish Crackers	Wheat Thins	Saltine Crackers	Rice Cakes	¼ cup cooked ½ slice
Other Foods (Optional)	(Jelly)					

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9. Include a Vitamin A fruit or vegetable at least 3 times per week: dark green and deep yellow fruits and vegetables
10. Remember to include IRON rich foods as often as possible, for example: liver, dark green leafy vegetables, dried peas, beans
11. Bread and bread alternates must be made of whole grain or enriched flour
12. Plan for variety and eye appeal
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DATE: _____
WEEK: # 2

Summer 2017

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PORTION SIZE
BREAKFAST: Juice or Fruit	Apricots	Banana	Applesauce	Fresh Pear	Fresh Peach	4 fl. oz. (1/4 cup)
Enriched Bread or Alternate	Whole Wheat English Muffin	Kix Cereal	Whole Wheat Waffle	Rice Chex	Whole Wheat Bagel	1/4 c. cooked 1/2 slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (3/4 cup)
Other Foods (Optional)	Butter & Jelly		Syrup		Cream Cheese	
LUNCH: Meat or Meat Alternate	Beef Hot Dog	Grilled Cheese	Meat Balls	Turkey Ham Sandwich	BBQ Chicken	1 1/2 oz – 1 egg 3/8 cup cooked beans
Vegetable or Fruit	Vegetarian Beans	Baby Carrots	Tossed Salad	Sliced Cucumbers	Corn on the Cob	1/4 cup
Vegetable or Fruit	Honeydew	Strawberries	Mango	Cantaloupe	Pineapple	1/4 cup
Enriched Bread or Alternate	Enriched Bun	Whole Wheat Bread	Spaghetti	Whole Wheat Bun	Enriched Roll	1/4 cup cooked/ 1/2 slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (3/4 cup)
Other Food (Optional)		<i>Veg Soup</i>				
PM SUPPLEMENT: Choose 2 of following 4						
1. Milk				1% Milk		1/2 cup (4 fl.oz.)
2. Fruit, Vegetable, Juice	Apple Juice	Fruit Cocktail	Watermelon		Honeydew	1/2 cup (4 fl. oz.)
3. Meat or Meat Alternate	Mozzarella Cubes	Yogurt				1/2 oz.
4. Enriched Bread/Alternate	Wheat Thins		Soft Pretzel	Banana Muffin	Goldfish Crackers	1/4 cup cooked 1/2 slice
Other Foods (Optional)						

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DATE: _____
WEEK: # 3

Summer 2017

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PORTION SIZE
BREAKFAST: Juice or Fruit	Fresh Pear	Applesauce	Cantaloupe	Banana	Pineapple Chunks	4 fl. oz. (1/4 cup)
Enriched Bread or Alternate	Multi-Grain Cheerios	Waffles	Whole Wheat English Muffin	Wheaties	Whole Wheat Mini Bagel	¼ c. cooked ½ slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (3/4 cup)
Other Foods (Optional)		Syrup	Butter & Jelly		Cream Cheese	
LUNCH: Meat or Meat Alternate	Grilled Cheese	Arroz Con Pollo (Chicken w/ Brown Rice)	Beef Taco	Scrambled Egg	Turkey	1½ oz – 1 egg 3/8 cup cooked beans
Vegetable or Fruit	Carrots & Cucumbers	Broccoli Spears	Lettuce & Tomato	Green Pepper Slices	Mashed Potatoes	¼ cup
Vegetable or Fruit	Mandarin Oranges	Fresh Plums	Red Grapes	Red Apple	Tossed Salad	¼ cup
Enriched Bread or Alternate	Whole Wheat Bread	(Brown Rice)	(Taco Shell)	English Muffin	Biscuit	¼ cup cooked/ ½ slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (3/4 cup)
Other Food (Optional)			Grated Cheese	Butter & Jelly	Orange Slices	
PM SUPPLEMENT: Choose 2 of following 4						
1. Milk				1% Milk		½ cup (4 fl. oz.)
2. Fruit, Vegetable, Juice	Watermelon	Strawberries	Juicy Juice	Celery Sticks & Raisins	Apple	½ cup (4 fl. oz.)
3. Meat or Meat Alternate		Vanilla Yogurt	Bean Dip	Sunbutter	American Cheese	½ oz.
4. Enriched Bread/Alternate	Cheez-It Crackers		Pita Triangles		Ritz Crackers	¼ cup cooked ½ slice
Other Foods (Optional)						

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DATE: _____
WEEK: # 4

Summer 2017

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PORTION SIZE
BREAKFAST: Juice or Fruit	Mandarin Oranges	Strawberries	Pears	Banana	Honeydew	4 fl. oz. (1/4 cup)
Enriched Bread or Alternate	Raisin Bread Toast	Whole Wheat Pancake	Blueberry Muffin	Rice Chex	Toasted Whole Wheat English Muffin	¼ c. cooked ½ slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (3/4 cup)
Other Foods (Optional)		Syrup				
LUNCH: Meat or Meat Alternate	Pizza Bagel with Mozzarella Cheese	Chicken Salad	Chili with Beans	Beef Hot Dogs	Turkey & American Cheese Sandwich	1½ oz – 1 egg 3/8 cup cooked beans
Vegetable or Fruit	Cucumber Slices	Yellow & Red Pepper Slices	Cole Slaw	Potato Salad	Tossed Salad	¼ cup
Vegetable or Fruit	Cantaloupe	Fresh Peach	Fresh Plums	Blueberries	Fresh Peach	¼ cup
Enriched Bread or Alternate	(Whole Wheat Bagel)	Rye Bread	Brown Rice	Hot Dog Bun	Enriched Wheat Bread	¼ cup cooked/ ½ slice
Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	6 fl. oz. (3/4 cup)
Other Food (Optional)						
PM SUPPLEMENT: Choose 2 of following 4						
1. Milk					1% Milk	½ cup (4 fl.oz.)
2. Fruit, Vegetable, Juice	Apple	Juicy Juice	Raspberries	Fruit Salad		½ cup (4 fl. oz.)
3. Meat or Meat Alternate		Tortilla w/ Melted Cheese		Cottage Cheese		½ oz.
4. Enriched Bread/Alternate	Pretzel Sticks	(Tortilla)	Whole Wheat Waffle	Melba Toast	Blueberry Muffin	¼ cup cooked ½ slice
Other Foods (Optional)	Water					