



Ironton-Lawrence County CAO

Head Start Program

Toddler Menu

**High Quality
Childcare....for
Infants , Toddlers &
Preschooler**

Date 5/7/18 Monday	Date 5/8/18 Tuesday	Date 5/9/18 Wednesday	Date 5/10/18 Thursday	Date 5/11/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
(HM) Cream of Wheat 1/4 c. Diced Peaches 1/4 c. Whole Milk 1/2 c.	White Wheat Toast 1sl. W/butter Applesauce 1/4 c. Whole Milk 1/2 c.	Rice Chex Cereal 1/2 c. Mandarin Oranges 1/2 c. Whole Milk 1/2 c.	WG Bagel 1 Cream Cheese 1/2 c. Fresh Strawberries 1/2 c. Whole Milk 1/2 c.	Whole Wheat Toast w/butter Cooked Apples 1/2 c. Whole Milk 1/2 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sloppy Joes Beef 1.5 oz. White Whole Grain Bun 1 Baked French Fries 1/4 c. Cooked Carrots 1/4 c. Ketchup Diced Apricots 1/4 c. Whole Milk 1/2 c.	Chicken Noodles 1.5oz. (Shredded Chicken) Peas 1/4 c. Whole Wheat Bread 1/2 sl. Fresh Watermelon 1/4 c. Whole Milk 1/2 c.	Lasagna w/ Meat Sauce 1.5oz. Beef (Mozzarella Cheese) California Blend 1/4 c. Bread Sticks 1 Pineapple Tidbits 1/4 c. Whole Milk 1/2 c.	WG Chicken Nuggets (CN) 1.5 oz. Green Beans w/ Potatoes 1/4 c. Ketchup, Ranch Dressing or Honey Mustard Pears 1/4 c. White Wheat Bread 1/2 sl. Whole Milk 1/2 c.	(HM) Goulash 1.5 oz. Beef Peas 1/4 c. Whole Wheat Bread 1/2 sl. Mandarin Oranges 1/4 c. Whole Milk 1/2 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Golden Grahams 1/2 c. Whole Milk 1/2 c	Club Crackers 4 Strawberry Cream Cheese Whole Milk 1/2 c.	Strawberry/Banana Yogurt 1/2 c. Granola 1Tbsp. Whole Milk 1/2 c.	W/G Cheerios 1/2 c. Whole Milk 1/2 c.	Orange Muffin 1 Whole Milk 1/2 c.

ECC
377-2356

Getaway
867-3893

OUSCDC
532-0178

Proctorville



- Water is available with all meals.
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- Fresh fruit will replace canned / frozen fruit when in season.
- HM = Home Made CN = Child Nutrition Label
- Toddlers over 2 will receive 1% milk.

Dorothy Bailey CD
Dietitian Consultant

USDA is an equal opportunity provider.



Ironton-Lawrence County CAU Head Start Program

Toddler Menu

**High Quality
Childcare... for
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Preschoolers**

5/14/18 Monday	Date 5/15/18 Tuesday	Date 5/16/18 Wednesday	Date 5/17/18 Thursday	Date 5/18/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Eggs 1/4 c. White Wheat Toast 1/2 sl. W/ Butter & Strawberry Jelly Ketchup Whole Milk 1/2 c.	W/G French Toast Sticks 2 Fresh Strawberries 1/2 c. Syrup Whole Milk 1/2 c.	Sausage & Biscuit 1 Whole Milk 1/2 c.	Orange Muffin 1 Raspberry Yogurt 1/2 c. Whole Milk 1/2 c.	(HM) Cream of Wheat 1/4 c. Diced Peaches 1/2 c. Whole Milk 1/2 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salisbury Steak 1.5 oz. Mashed Potatoes 1/4 c. Peas 1/4 c. Roll 1/2 sl. Applesauce 1/4c. Whole Milk 1/2 c.	Fish Sticks (CN) 1.5 oz. Tarter Sauce & Ketchup Cooked Carrots 1/4 c. Tater Tots 1/4 c. Pears 1/4 c. White Wheat Bread 1/2 sl. Whole Milk 1/2 c.	Chicken Sandwich 1.5oz. Whole Grain Bun 1 California Blend 1/4 c. French Fries 1/4 c. Ranch Dressing, Ketchup or Mayonnaise Pineapple Tidbits 1/4 c. Whole Milk 1/2 c.	(HM) Macaroni & Cheese 1.5 oz. Broccoli 1/4 c. White Wheat Bread 1/2 sl. Fresh Cantaloupe 1/4 c. Whole Milk 1/2 c.	WG Cheese Pizza 1.5oz. Corn 1/4 c. Diced Apricots 1/4 c. Whole Milk 1/2 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Saltine Crackers 4 Cheese Slices 1/2 c. Whole Milk 1/2 c.	Applesauce 1/2 c. Teddy Grahams 1/2 c. Whole Milk 1/2 c.	W/G Cheerios 1/2 c. Whole Milk 1/2 c.	WG Goldfish Crackers 1/2 c. Whole Milk 1/2 c.	Banana 1 Strawberry/Banana Yogurt 1/2 c. Whole Milk 1/2 c

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Deborah Bailey
Dietitian Consultant

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Ironton-Lawrence County CAU Head Start Program Toddler Menu

**High Quality
Childcare... for
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Preschoolers**

Date 5/21/18 Monday	Date 5/22/18 Tuesday	Date 5/23/18 Wednesday	Date 5/24/18 Thursday	Date 5/25/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
(HM) Oatmeal 1/4 c. Diced Peaches 1/2 c. Whole Milk 1/2 c.	Scrambled Eggs 1/2 c. Whole Wheat Toast 1/2 sl. w/Butter & Strawberry Jelly Ketchup Whole Milk 1/2 c.	WG Cheerios 1/2 c. Fresh Strawberries 1/2 c. Whole Milk 1/2 c.	Orange Muffins 1 Banana 1 Whole Milk 1/2 c.	Sausage & Biscuit 1 Whole Milk 1/2 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chili W/Beef 1.5oz. Cheese Sandwich 1 White Wheat Bread Parboiled Carrot Sticks 1/4 c. Saltine Crackers Diced Apricots 1/4 c. Whole Milk 1/2 c.	Chicken Strips (CN) 1.5 oz. Green Beans 1/4 c. Mashed Potatoes 1/4 c. Whole Wheat Bread 1/2 sl. Pineapple Tidbits 1/4 c. Honey Mustard, Ranch Dressing, Ketchup Whole Milk 1/2 c.	Hamburger 1.5oz. Beef White Whole Grain Bun 1 French Fries 1/4 c. Corn 1/4c. Ketchup, Mustard, Mayonnaise Pears 1/4 c. Whole Milk 1/2 c.	(HM) Spaghetti W/Meat Sauce 1.5 oz. Beef Parmesan Cheese California Blend 1/4 c. Garlic Bread 1/2 sl. Apple Sauce 1/4 c. Whole Milk 1/2 c.	Fish Sandwich (CN) 1.5 oz. Bun 1 Tater Tots 1/4 c. Parboiled Carrots 1/4 c. Ketchup, Tarter Sauce, Ranch Dressing Diced Peaches 1/4 c. Whole Milk 1/2 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mozzarella Cheese Stick Whole Wheat Crackers 2 Whole Milk 1/2 c.	Strawberry Fruit/Grain Bar 1 Whole Milk 1/2 c.	Diced Peaches 1/2 c. Frozen Vanilla Yogurt 1/2 c. Whole Milk 1/2 c.	Graham Cracker 2 Mandarin Oranges 1/2 c. Whole Milk 1/2 c.	Rice Krispies 1/2 c. Whole Milk 1/2 c.

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Deborah Daily
Dietitian Consultant

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Ironton-Lawrence County CAU

Head Start Program

Toddler Menu

**High Quality
Childcare... for
Infants, Toddlers &
Preschoolers**

5/28/18 Monday	Date 5/29/18 Tuesday	Date 5/30/18 Wednesday	Date 5/31/18 Thursday	Date 6/1/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cooked Apples 1/2 c. WW Toast W/Butter 1/2 sl. Whole Milk 1/2 c.	WG Pancakes w/Syrup Apricots 1/2 c. Whole Milk 1/2 c.	WG Apple Cinnamon Cheerios Cereal 1/2 c. Mandarin Oranges 1/2 c. Whole Milk 1/2 c.	1 Breakfast Burrito Soft Tortilla Shell 1 Scrambled Eggs 1/4c. Shredded Cheddar Cheese 1/8c. Fresh Strawberries 1/2 c Whole Milk 1/2 c.	Oatmeal 1/4 c. Whole Wheat Toast 1/2 sl. w/Butter & Grape Jelly Whole Milk 1/2 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
WG Pepperoni Pizza (CN) 1.5 oz. Corn 1/4 c. Fresh Cantaloupe 1/4 c. Whole Milk 1/2 c.	Vegetable Beef Soup 1.5oz. (Beef) Stewed Tomatoes, Green Beans, Carrots, Potatoes, Corn, Onion, 1/4 c. Grilled Cheese 1.5oz. White Wheat Bread Diced Peaches 1/4 c. Whole Milk 1/2 c.	(HM) Baked BBQ Chicken Breast 1.5 oz. Roasted Potatoes 1/4 c. Green Beans 1/4 c. Whole Wheat Bread 1/2 sl. Applesauce 1/4 c. Whole Milk 1/2 c.	Beef Taco 1.5 oz W/G Soft Taco Shell 1 Shredded Cheese 1/2 oz. Diced Tomatoes 1/8 c. Sour Cream Mild Taco Sauce Mixed Fruit 1/4 c. Whole Milk 1/2 c.	Cheeseburger 1.5 oz. White Whole Grain Bun 1 Baked Tater Tots 1/4 c. Ketchup, Mustard, California Blend 1/4 c. Pineapple Tidbits 1/4 c. Whole Milk 1/2 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mixed Fruit 1/2 c. Cheese Cubes 1/4 c. Whole Milk 1/2 c.	Fresh Sliced Apples 1/2 c. 1% Milk 1/2 c.	Orange Muffin 1 Whole Milk 1/2 c.	WG Cheerios 1/2 c. Whole Milk 1/2 c.	Saltine Crackers 4 Cheese Slices 1/2 c. Whole Milk 1/2 c.

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Dietitian Consultant

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Ironton-Lawrence County CAO

Head Start Program

Pre-School Menu

**High Quality
Childcare... for
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Preschoolers**

Date 5/14/18 Monday	5/15/18 Tuesday	5/16/18 Wednesday	Date 5/17/18 Thursday	Date 5/18/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Eggs 1/4 c. White Wheat Toast 1/2 sl. W/ Butter & Strawberry Jelly Ketchup 1% Milk 3/4 c.	WG French Toast Sticks 2 Fresh Strawberries 1/2 c. Syrup 1% Milk 3/4 c.	Sausage & Biscuit 1 1% Milk 3/4 c.	Orange Muffin 1 Raspberry Yogurt 1/2 c. 1% Milk 3/4 c.	(HM) Cream of Wheat 1/4 c. Diced Peaches 1/2 c. 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salisbury Steak 1.5 oz. Mashed Potatoes 1/4 c. Peas 1/4 c. Rolls 1/2 sl. Applesauce 1/4 c. 1% Milk 3/4 c.	Fish Sticks (CN) 1.5 oz. Tarter Sauce & Ketchup Cooked Carrots 1/4 c. Tater Tots 1/4c. Pears 1/4 c. White Wheat Bread 1/2 sl. 1% Milk 3/4 c.	Chicken Sandwich 1.5 oz. Whole Grain Bun 1 Baked Beans 1/4 c. French Fries 1/4 c. Ranch Dressing, Ketchup or Mayonnaise Pineapple Tidbits 1/4 c. 1% Milk 3/4 c.	Macaroni & Cheese 1.5 oz. Broccoli 1/4 c. White Wheat Bread 1/2 sl. Fresh Cantaloupe 1/4 c. 1% Milk 3/4 c.	WG Cheese Pizza 1.5oz. Corn 1/4 c. Apricots 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Saltine Crackers 4 Cheese Slices 1/2 c. 1% Milk 1/2 c.	Applesauce 1/2 c. Teddy Grahams 1/2 c. 1% Milk 1/2 c.	W/G Cheerios 1/2 c. 1% Milk 1/2 c.	WG Gold Fish Crackers 1/2 c 1% Milk 1/2 c.	Banana 1 Strawberry/Banana Yogurt 1/2 c. 1% Milk 1/2 c

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Deborah Gray MS RD
Dietitian Consultant

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Date 5/21/18 Monday	Date 5/22/18 Tuesday	Date 5/23/18 Wednesday	Date 5/24/18 Thursday	5/25/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
(HM) Oatmeal 1/4 c. Diced Peaches 1/2 c. 1% Milk 3/4 c.	Scrambled Eggs 1/2c. Whole Wheat Toast 1/2 sl. w/Butter & Strawberry Jelly Ketchup 1% Milk 3/4 c.	WG Cheerios 1/2 c. Fresh Strawberries 1/2 c. 1% Milk 3/4 c.	Orange Muffins 1 Banana 1 1% Milk 3/4 c.	Sausage & Biscuit 1 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chili W/Beef 1.5 oz. Chili Beans 1/4 c. Cheese Sandwich 1 White Wheat Bread Carrot Sticks 1/4c. Saltine Crackers Apricots 1/4 c. 1% Milk 3/4 c	Chicken Strips (CN) 1.5 oz. Green Beans 1/4 c. Mashed potatoes 1/4 c. Whole Wheat Bread 1/2 sl. Pineapple Tidbits 1/4 c. Honey Mustard, Ranch Dressing, Ketchup 1% Milk 3/4 c.	Hamburger 1.5oz. Beef White Whole Grain Bun 1 Ketchup, Mustard Tomato & Lettuce 1/8 c. French Fries 1/4 c. Corn 1/4 c. Pears 1/4 c. 1% Milk 3/4 c.	Spaghetti W/Meat Sauce 1.5 oz. Beef Parmesan Cheese Salad Mix w/ Lettuce, Tomatoes, Carrots Shredded Cheese 1/4 c. Ranch or Red Dressing Garlic Bread 1/2 sl. Apple Sauce 1/4 c. 1% Milk 3/4 c.	Fish Sandwich (CN) 1.5 oz. Bun 1 Tater Tots 1/4 c. Carrot Sticks 1/4 c. Ketchup & Tarter Sauce Ranch Dressing Diced Peaches 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mozzarella Cheese Stick Whole Wheat Crackers 2 1% Milk 1/2 c.	Strawberry Fruit/Grain Bar 1 1% Milk 1/2 c.	Diced Peaches 1/2 c. Frozen Vanilla Yogurt 1/2 c. 1% Milk 1/2 c.	Graham Crackers 2 Mandarin Oranges 1/2 c. 1% Milk 1/2 c.	Rice Krispies 1/2 c. 1% Milk 1/2 c.

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[Signature]
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Pre-School Menu

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Childcare... for
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Date 5/28/18 Monday	Date 5/29/18 Tuesday	Date 5/30/18 Wednesday	Date 5/31/18 Thursday	Date 6/1/18 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cooked Apples 1/2 c. WW Toast 1/2 sl. 1% Milk 3/4 c.	WG Pancakes W/Syrup Apricots 1/2 c. 1% Milk 3/4 c.	WG Apple Cinnamon Cheerios Cereal 1/2 c. Mandarin Oranges 1/2 c. 1% Milk 3/4 c.	1 Breakfast Burrito Soft Tortilla Shell 1 Scrambled Eggs 1/4 c. Shredded Cheese 1/8 c. Fresh Strawberries 1/2 c. 1% Milk 3/4 c.	Oatmeal 1/4 c. Whole Wheat Toast 1/2 sl. w/Butter & Grape Jelly 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
WG Pepperoni Pizza (CN) 1.5 oz. Corn 1/4 c. Fresh Cantaloupe 1/4 c. 1% Milk White 3/4 c.	Vegetable Beef Soup 1.5oz. (Beef) Stewed Tomatoes, Green Beans, Carrots, Potatoes, Corn, Onion 1/4 c. Grilled Cheese 1.5oz. White Wheat Bread Diced Peaches 1/4 c. 1% Milk 3/4 c.	Baked BBQ Chicken Breast 1.5 oz. Baked Diced Potatoes 1/4 c. Green Beans 1/4 c. Whole Wheat Bread 1/2 sl. Applesauce 1/4 c. 1% Milk 3/4 c.	Beef Taco 1.5 oz. WG Soft Taco Shell 1 Shredded Lettuce 1/8 c. Diced Tomatoes 1/8 c. Shredded Cheese 1/2 oz. Sour Cream Mild Taco Sauce Mixed Fruit 1/4 c. 1% Milk 3/4 c.	Cheeseburger 1.5 oz. White Whole Grain Bun 1 Baked Tater Tots 1/4 c. Ketchup, Mustard California Blend 1/4 c. Pineapple Tidbits 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mixed Fruit 1/2 c. Cheese Cubes 1/4 c. 1% Milk 1/2 c.	Fresh Apples 1/2 c. 1% Milk 1/2 c.	Orange Muffin 1 1% Milk 1/2 c.	WG Cheerios 1/2 c. 1% Milk 1/2 c.	Saltine Crackers 4 Cheese Slices 1/2 c. 1% Milk 1/2 c.

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