

**CYCLE MENU Full & Extended Day 2017 2018 Children 3 to 5 years**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1	2	3	4	5
Cheerios, Peaches, 1 % Milk - Hamburgers on WW Bun, Baked Sweet Potato Fries, Sliced Kiwi, 1 % Milk - Sliced Apple & Cheese, Crackers, Water	Egg Patty, WW English Muffin, Mandarin Oranges, 1 % Milk - Mashed Bean & Cheese Burrito on WW Tortilla, Spinach Salad, Diced Mango, 1 % Milk - Veggie Sticks (Carrots, Broccoli) & Yogurt Ranch Dip, Crackers, Water	WG Pancake, Strawberries, 1 % Milk - Chicken Veggie Noodle Soup, Sliced Apple, WW Roll, 1 % Milk - Yogurt, Berries Parfait, Kix Cereal, Water	Rice Chex, Banana, 1 % Milk - Cheese Pizza, Diced Pineapple, Red Pepper Strips, 1 % Milk - Hard Boiled Egg, Cucumbers, Crackers, Water	Quesadilla, Pears, 1 % Milk - Tuna Sandwich on WW Bread, Romaine Salad, Orange Slices, 1 % Milk - Cottage Cheese, Diced Cantaloupe, WW Mini Bagel
6	7	8	9	10
Oatmeal, Blueberries, 1 % Milk - Chicken Taco, Diced Mango, Spinach Salad, 1 % Milk - Sliced Tomato & Cheese, WG Bread, Water	Kix Cereal, Mandarin Oranges, 1 % Milk - Macaroni & Cheese, WW Roll, Steamed Broccoli, Apple, 1 % Milk - Veggie Sticks, Hummus, Crackers, Water	Yogurt Banana Parfait, 1 % Milk - Turkey Sandwich on WW Bread, Diced Melon, Romaine Salad, 1 % Milk - Quesadilla, Orange Slices, Water	WW Mini Bagel, Cream Cheese, Pineapple Tidbits, 1 % Milk - Salmon w Lemon, Brown Rice, Kiwi, Carrots, 1 % Milk - Cottage Cheese, Peaches, Crackers, Water	Corn Chex, Orange Slices, 1 % Milk - Lentil Soup OR Minestrone Soup, Shredded Cheese, WW Roll, Diced Cantaloupe, 1 % Milk - Graham Crackers, Banana, 1% Milk
11	12	13	14	15
Kix Cereal, Peaches, 1 % Milk - Fish Patty on WW Bun, Carrot Sticks, Sliced Kiwi, 1 % Milk - Hummus Cucumber Wrap, Water	Yogurt, Strawberry Parfait, 1 % Milk - Vegetarian Taco Soup, Shredded Cheese, Pineapple, Broccoli, Corn Tortilla Chips, 1 % Milk - Cereal, Bananas, 1% Milk	Egg Patty, WW English Muffin, Pears, 1 % Milk - Baked Chicken, Spinach Salad w Mandarin Oranges and Sunshine Dressing, WW Roll, 1 % Milk - Veggies Sticks, Cheese, WG Bread, Water	Cheerios, Banana 1 % Milk - Veggie Lasagna, Red Pepper Strips, Diced Cantaloupe, WG Bread, 1 % Milk - Hard Boiled Egg, Crackers, Oranges, Water	Oatmeal Muffin, Applesauce, 1 % Milk - Chicken Thighs, Brown Rice, Mixed Veggies, Diced Honeydew, 1 % Milk - Quesadilla, Diced Mango, Water
16	17	18	19	20
WW Mini Bagel, Cream Cheese, Blueberries, 1 % Milk - Chicken Patty on WW Bun, Tomato Slices, Oranges, 1 % Milk - Veggies Sticks & Dip, Crackers, Water	Oatmeal, Banana, 1 % Milk - WG Spaghetti & Meatballs, Spinach Salad, Strawberries, WG Bread, 1 % Milk - Yogurt, Berries, Cheerios, Water	Rice Chex, Mandarin Oranges, 1 % Milk - Mexican Brown Rice with Beans, Shredded Cheese, Red Pepper Strips, Diced Cantaloupe, 1 % Milk - Cream Cheese Cucumbers Wrap, Water	WG Waffle, Strawberries, 1 % Milk - Tilapia OR Cod Taco on WG Corn Tortilla, Steamed Broccoli, Diced Mango, 1% Milk - WW English Muffin, Banana, 1% Milk	Yogurt, Pineapple Parfait, 1 % Milk - Breaded Chicken, WW Roll, Romaine Salad, Sliced Apple, 1 % Milk - Crackers, Sliced Cheese, Tomato Slices

**USDA and Head Start of Lane County is an equal opportunity provider.**

**CYCLE MENU Part Day 2017 2018 Children 3 to 5 years**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1	2	3	4	5
Cheerios, Peaches, 1 % Milk - Hamburgers on WW Bun, Baked Sweet Potato Fries, Sliced Kiwi, 1 % Milk	Egg Patty, WW English Muffin, Mandarin Oranges, 1 % Milk - Mashed Bean & Cheese Burrito on WW Tortilla, Spinach Salad, Diced Mango, 1 % Milk	WG Pancake, Strawberries, 1 % Milk - Chicken Veggie Noodle Soup, Sliced Apple, WW Roll, 1 % Milk	Rice Chex, Banana, 1 % Milk - Cheese Pizza, Diced Pineapple, Red Pepper Strips, 1 % Milk	Quesadilla, Pears, 1 % Milk - Tuna Sandwich on WW Bread, Romaine Salad, Orange Slices, 1 % Milk
6	7	8	9	10
Oatmeal, Blueberries, 1 % Milk - Chicken Taco, Diced Mango, Spinach Salad, 1 % Milk	Kix Cereal, Mandarin Oranges, 1 % Milk - Macaroni & Cheese, WW Roll, Steamed Broccoli, Apple, 1 % Milk	Yogurt Banana Parfait, 1 % Milk - Turkey Sandwich on WW Bread, Diced Melon, Romaine Salad, 1 % Milk	WW Mini Bagel, Cream Cheese, Pineapple Tidbits, 1 % Milk - Salmon w Lemon, Brown Rice, Kiwi, Carrots, 1 % Milk	Corn Chex, Orange Slices, 1 % Milk - Lentil Soup OR Minestrone Soup, Shredded Cheese, WW Roll, Diced Cantaloupe, 1 % Milk
11	12	13	14	15
Kix Cereal, Peaches, 1 % Milk - Fish Patty on WW Bun, Carrot Sticks, Sliced Kiwi, 1 % Milk	Yogurt, Strawberry Parfait, 1 % Milk - Vegetarian Taco Soup, Shredded Cheese, Pineapple, Broccoli, Corn Tortilla Chips, 1 % Milk	Egg Patty, WW English Muffin, Pears, 1 % Milk - Baked Chicken, Spinach Salad w Mandarin Oranges and Sunshine Dressing, WW Roll, 1 % Milk	Cheerios, Banana 1 % Milk - Veggie Lasagna, Red Pepper Strips, Diced Cantaloupe, WG Bread, 1 % Milk	Oatmeal Muffin, Applesauce, 1 % Milk - Chicken Thighs, Brown Rice, Mixed Veggies, Diced Honeydew, 1 % Milk
16	17	18	19	20
WW Mini Bagel, Cream Cheese, Blueberries, 1 % Milk - Chicken Patty on WW Bun, Tomato Slices, Oranges, 1 % Milk	Oatmeal, Banana, 1 % Milk - WG Spaghetti & Meatballs, Spinach Salad, Strawberries, WG Bread, 1 % Milk	Rice Chex, Mandarin Oranges, 1 % Milk - Mexican Brown Rice with Beans, Shredded Cheese, Red Pepper Strips, Diced Cantaloupe, 1 % Milk	WG Waffle, Strawberries, 1 % Milk - Tilapia OR Cod Taco on WG Corn Tortilla, Steamed Broccoli, Diced Mango, 1 % Milk	Yogurt, Pineapple Parfait, 1 % Milk - Breaded Chicken, WW Roll, Romaine Salad, Sliced Apple, 1 % Milk

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