

2017-2018 CYCLE MENU Full Day EHS Children 1 to 3 years (North Eugene HS)

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

2017-2018 CYCLE MENU Part Day EHS Children 1 to 3 years

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

USDA and Head Start of Lane County is an equal opportunity provider. Whole milk served to children under 2 yrs.

2017-2018 CYCLE MENU Infants (0-5 month)

| MONDAY North Eugene | TUESDAY North Eugene | WEDNESDAY North Eugene | THURSDAY North Eugene | FRIDAY North Eugene & Playgroup |
|---|---|---|---|--|
| 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- |
| 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- | 4-6 ounces breast milk or IFF ----- |
| 4-6 ounces breast milk or IFF | 4-6 ounces breast milk or IFF | 4-6 ounces breast milk or IFF | 4-6 ounces breast milk or IFF | 4-6 ounces breast milk or IFF |

USDA and Head Start of Lane County is an equal opportunity provider. IFF- Iron fortified formula, IFIC- Iron fortified infant cereal

2017-2018 CYCLE MENU Infants (6-11 month)

| MONDAY North Eugene | TUESDAY North Eugene | WEDNESDAY North Eugene | THURSDAY North Eugene | FRIDAY North Eugene & Playgroup |
|---|---|---|---|---|
| <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>2-4 oz breast milk or IFF</p> <p>0-1/2 slice bread OR 0-2 crackers, OR 0-4 Tbs IFIC OR 0-4 Tbs ready to eat cereal</p> <p>0-2 Tbs vegetable and/or fruit</p> | <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>2-4 oz breast milk or IFF</p> <p>0-1/2 slice bread OR 0-2 crackers, OR 0-4 Tbs IFIC OR 0-4 Tbs ready to eat cereal</p> <p>0-2 Tbs vegetable and/or fruit</p> | <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>2-4 oz breast milk or IFF</p> <p>0-1/2 slice bread OR 0-2 crackers, OR 0-4 Tbs IFIC OR 0-4 Tbs ready to eat cereal</p> <p>0-2 Tbs vegetable and/or fruit</p> | <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>2-4 oz breast milk or IFF</p> <p>0-1/2 slice bread OR 0-2 crackers, OR 0-4 Tbs IFIC OR 0-4 Tbs ready to eat cereal</p> <p>0-2 Tbs vegetable and/or fruit</p> | <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>6-8 oz breast milk or IFF</p> <p>0-4 Tbs IFIC, meat, fish, poultry, whole egg, or beans OR 0-2 oz cheese OR 0-4 oz cottage cheese OR 0-8 oz yogurt</p> <p>0-2 Tbs vegetable and/or fruit</p> <p>-----</p> <p>2-4 oz breast milk or IFF</p> <p>0-1/2 slice bread OR 0-2 crackers, OR 0-4 Tbs IFIC OR 0-4 Tbs ready to eat cereal</p> <p>0-2 Tbs vegetable and/or fruit</p> |