

# GRIC HEAD START/CHILD CARE

Name of Center:

Menu for the Week of 10/27/25 to 10/31/25 WEEK 13

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 10/27               | TUES 10/28                 | WED 10/29                 | THURS 10/30                      | FRI 10/31                     |
|------------------------------|-------------------------|----------------------------|---------------------------|----------------------------------|-------------------------------|
| <b>BREAKFAST</b>             | <b>HALLOWEEN WEEK</b>   |                            | <b>BREAKFAST PIZZA</b>    |                                  | <b>BREAKFAST BURRITO</b>      |
| Grain or Meat/Meat Alternate | <b>BISCUIT WGR</b>      | FRENCH TOAST STICK WGR     | <b>PIZZA CN</b>           | <b>KIX WGR</b>                   | <b>EGG,POTATO,CHEESE</b>      |
| Fruit/Vegetable              | <b>ORANGE SLICES</b>    | <b>APPLESAUCE</b>          | <b>STRAWBERRIES</b>       | <b>APRICOTS</b>                  | <b>BANANA</b>                 |
| Fluid Milk                   | <b>WHOLE/1%</b>         | <b>WHOLE/1%</b>            | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>                  | <b>WHOLE/1%</b>               |
| Extra                        | <b>SAUSAGE/GRAVY</b>    | <b>HAM</b>                 |                           | <b>CIN APPLE MUFFIN WGR</b>      | <b>FLOUR TORTILLA WGR</b>     |
| <b>AM SNACK</b>              |                         |                            |                           |                                  |                               |
| Component 1                  | <b>TOAST WGR</b>        | <b>BANANA LOAF WGR</b>     | <b>STRING CHEESE</b>      | <b>GRAHAM CRACKERS WGR</b>       | <b>EGG SALAD</b>              |
| Component 2                  | <b>AVOCADO</b>          | <b>MANDARIN ORANGE CUP</b> | <b>APPLE SLICES</b>       | <b>FRUIT SALAD</b>               | <b>CLUB CRACKERS</b>          |
| Extra                        |                         |                            |                           |                                  |                               |
| <b>LUNCH</b>                 |                         |                            | <b>HAMBURGER</b>          | <b>BEEF STEW</b>                 |                               |
| Meat/Meat Alternate          | <b>PORK CHOPS</b>       | <b>CHICKEN STRIPS</b>      | <b>HAMBURGER PATTY</b>    | <b>BEEF STEW MEAT</b>            | <b>CHICKEN EGG ROLLS</b>      |
| Grain                        | <b>WHEAT BREAD</b>      | <b>DINNER ROLL WGR</b>     | <b>HAMBURGER BUN WGR</b>  | <b>SALTINE CRACKERS WGR</b>      | <b>BROWN RICE WGR</b>         |
| Vegetable                    | <b>GREEN BEANS,</b>     | <b>OVEN FRIES</b>          | <b>BAKED BEANS,PICKLE</b> | <b>(POTATO,ONION,CARROTS)</b>    | <b>ORIENTAL VEGETABLES</b>    |
| Fruit or Vegetable           | <b>PINEAPPLE</b>        | <b>FRESH PEARS</b>         | <b>GRAPES</b>             | <b>PEACHES</b>                   | <b>APPLE</b>                  |
| Fluid Milk                   | <b>WHOLE/1%</b>         | <b>WHOLE/1%</b>            | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>                  | <b>WHOLE/1%</b>               |
| Extra                        | <b>MASH POTATOES</b>    | <b>KETCHUP/RANCH</b>       | <b>KETCHUP MUSTARD</b>    |                                  | <b>SWEET &amp; SOUR SAUCE</b> |
| <b>PM SNACK</b>              | <b>BE IN THE SPIRIT</b> |                            |                           |                                  | <b>CUP</b>                    |
| Component 1                  | <b>HALLOWEEN THEME</b>  | <b>CHEEZ-ITS WGR</b>       | <b>ORANGE SLICES</b>      | <b>STRAW-YOGURT CHEX MIX WGR</b> | <b>CHEESE CUBES</b>           |
| Component 2                  |                         | <b>GRAPE PKG</b>           | <b>PRETZELS WGR</b>       | <b>APPLE JUICE</b>               | <b>HAM</b>                    |
| Extra                        |                         |                            |                           |                                  | <b>SALTINES WGR</b>           |

## Menu Statements

## Identification of Mixed Foods

(i.e., fruit salad: apples, peaches, banana)

\*SEASONAL FRUIT

\*8FRUIT OCKTAIL

PEARS,PEACHES,GRAPES

All juices served are 100% juice.

Whole milk is served to participants 12-23 months.

Participants 24 months and older receive 1% or fat-free milk.

Water coolers are in each classroom - participants are offered and have access to water throughout the day.

I:THA KI'O VES HEMACHKAM HA WI:KAM

## Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience

Item (CN label available)



GRIC HEAD START/CHILD ARE

Name of Center:

Menu for the Week of 11/3/25 to 11/7/25 WEEK 14

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.

|                              | MON                    | TUES             | WED                     | THURS                 | FRI 11/7/25           |
|------------------------------|------------------------|------------------|-------------------------|-----------------------|-----------------------|
| <b>BREAKFAST</b>             |                        |                  |                         |                       |                       |
| Grain or Meat/Meat Alternate | BANANA BREAD WGR       | WAFFLES WGR      | OATMEL WGR              | CORN FLAKES WGR       | BISCUIT WGR           |
| Fruit/Vegetable              | FRUIT CUP              | APPLESAUCE       | PEACHES                 | BANANA                | HASHBROWN WEDGE       |
| Fluid Milk                   | WHOLE/1%               | WHOLE/1%         | WHOLE/1%                | WHOLE/1%              | WHOLE/1%              |
| Extra                        | PEACH YOGURT           | CANADIAN BACON   | RAISIN TOAST WGR        | WHEAT TOAST WGR       | SC EGGS, SAUSAGE LINK |
| <b>AM SNACK</b>              |                        |                  |                         |                       | <b>SANDWICH</b>       |
| Component 1                  | CHEESE SQUARE          | GRILL CHEESE WGR | ANIMAL CRACKER WGR      | GOLDFISH CRACKERS WGR | <b>BOLGNA</b>         |
| Component 2                  | RITZ CRACKERS WGR      |                  | STRAWBERRIES            | ORANGE JUICE          | WHEAT BREAD WGR       |
| Extra                        |                        |                  |                         |                       |                       |
| <b>LUNCH</b>                 |                        |                  | <b>CHEESEBURGERS</b>    |                       | <b>QUESADILLA</b>     |
| Meat/Meat Alternate          | PEPPERONI PIZZA CN     | BEEF BURRITO     | HAMBURGER PATTY/CHEESE  | DICED HAM             | SHRED CHICKEN/BEEF    |
| Grain                        | (CRUST)                | BROWN RICE       | HAMBURGER BUN WGR       | FLAT BREAD WGR        | FLOUR TORTILLA WGR    |
| Vegetable                    | STEAMED CARROTS        | PINTO BEANS      | OVEN FRIES, PICKLE      | SPLIT PEA SOUP        | CORN                  |
| Fruit or Vegetable           | GRAPES                 | PEARS            | APPLE                   | ORANGE SLICES         | PINEAPPLE             |
| Fluid Milk                   | WHOLE/1%               | WHOLE/1%         | WHOLE/1%                | WHOLE/1%              | WHOLE/1%              |
| Extra                        |                        |                  | MUSTARD, KETCHUP        |                       | SALSA, CHEESE         |
| <b>PM SNACK</b>              |                        |                  |                         | <b>CUP</b>            |                       |
| Component 1                  | CHOCOLATE CHEX MIX WGR | COTTAGE CHEESE   | BAGELW/ RAISINS WGR     | CHERRY TOMATO         | STRAWBERRY YOGURT     |
| Component 2                  | GRAPE JUICE            | PINEAPPLE        | STRAWBERRY CREAM CHEESE | CUCUMBERS, CARROT     | GRAHAM CRACKERS WGR   |
| Extra                        |                        |                  | TROPICAL FRUIT CUP      | RITZ, RANCH DIP       |                       |

**Acronyms**

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HM: Homemade  
CN: Processed/Convenience Item (CN label available)

**Identification of Mixed Foods**

(i.e., fruit salad: apples, peaches, banana)  
\*SEASONAL FRUIT  
\*\*FRUIT COCKTAIL  
PEARS, PEACHES, GRAPES

**Menu Statements**

All juices served are 100% juice.  
Whole milk is served to participants 12-23 months. Participants 24 months and older receive 1% or fat-free milk.  
Water coolers are in each classroom - participants are offered and have access to water throughout the day.  
I:THA KI'O VES HEMACHKAM HA WI:KM



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GRIC/HEAD START/CHILD CARE  
Name of Center: \_\_\_\_\_  
Menu for the Week of 11/10/25 to 11/14/25 WEEK 15

|                              | MON 11/10                | TUES 11/11                | WED 11/12                 | THURS 11/13               | FRI 11/14                 |
|------------------------------|--------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| <b>BREAKFAST</b>             | <b>TEACHER INSERVICE</b> | <b>VETERAN'S DY</b>       |                           |                           | <b>BREAKFAST BURRITO</b>  |
| Grain or Meat/Meat Alternate | <b>PANCAKES WGR</b>      | <b>OMELET</b>             | PUMPKIN MUFFIN WGR        | BLUEBERRY CHEX WGR        | EGG,POTATO,CHEESE         |
| Fruit/Vegetable              | <b>MIXED BERRIES</b>     | <b>GRAPEFRUIT</b>         | <b>BANANA</b>             | <b>PEACHES</b>            | <b>APPLES</b>             |
| Fluid Milk                   | <b>WHOLE/1%</b>          | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>           |
| Extra                        | <b>SAUSAGE</b>           | ENGLISH MUFFIN WGR        | PEACH YOGURT              | WHEAT TOAST WGR           |                           |
| <b>AM SNACK</b>              |                          |                           |                           |                           |                           |
| Component 1                  | <b>BAGEL WGR</b>         | TEDDY GRAHAMS WGR         | OATMEAL BAR WGR           | CHEEZ-ITS WGR             | <b>TURKEY SLICES</b>      |
| Component 2                  | MANDARIN ORANGES         | MILK                      | APPLESAUCE CUP            | GRAPES                    | RITZ CRACKER WGR          |
| Extra                        | <b>CREAM CHEESE</b>      |                           |                           |                           |                           |
| <b>LUNCH</b>                 | <b>SLOPPY JOE</b>        | <b>CHICKEN FRIED RICE</b> | <b>GRILLED HAM CHEESE</b> |                           | <b>3 SISTERS STEW</b>     |
| Meat/Meat Alternate          | <b>GROUND BEEF</b>       | <b>DICED CHICKEN</b>      | <b>HAM/CHEESE</b>         | <b>CHICKEN TENDERS</b>    | <b>BEEF DICED</b>         |
| Grain                        | HAMBURGER BUN WGR        | BROWN RICE WGR            | BREAD WGR                 | DINNER ROLL WGR           | <b>BISCUIT WGR</b>        |
| Vegetable                    | <b>OVEN FRIES</b>        | STIR FRY VEGGIES          | TOMATO SOUP               | BAKED BEANS               | SQUASH CORN TOMATO        |
| Fruit or Vegetable           | <b>*HONEYDEW</b>         | <b>PINEAPPLE</b>          | <b>ORANGE</b>             | <b>FRUIT COCKTAIL</b>     | <b>FRESH PEARS</b>        |
| Fluid Milk                   | <b>WHOLE/1%</b>          | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>           |
| Extra                        |                          |                           |                           |                           |                           |
| <b>PM SNACK</b>              |                          |                           |                           | <b>BANANA DOG</b>         |                           |
| Component 1                  | <b>BERRY YOGURT</b>      | <b>TRAIL MIX HM</b>       | <b>BLUEBERRIES</b>        | <b>HOT DOG BUN WGR</b>    | <b>GUACAMOLE</b>          |
| Component 2                  | GRHAM CRACKER STICKS WGR | <b>PINEAPPLE JUICE</b>    | FRENCH TOAST STICKS WGR   | <b>BANANA</b>             | <b>TOSTITOS CHIPS WGR</b> |
| Extra                        |                          |                           |                           | CREAM CHEESE/APPLE BUTTER |                           |

### Menu Statements

### Identification of Mixed Foods

(i.e., fruit salad: apples, peaches, banana)

\*SEASONAL FRUIT

\*\*FRUIT COCKTAIL

PEACHES,PEARS,GRAPES

### Acronyms

WGR: Whole Grain-Rich

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Item (CN label available)

All juices served are 100% juice.

Whole milk is served to participants 12-23 months. Participants 24 months and older receive 1% or fat-free milk.

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!;THA KI'O VES HEMACHKAM HA WI:KAM

# GRIC HEAD STRT/CHILD CARE

Name of Center:

Menu for the Week of 11/17/25 to 11/21/25 | WEEK 16

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                               | MON 11/17           | TUES 11/18           | WED 11/19            | THURS 11/20                 | FRI 11/21          |
|-------------------------------|---------------------|----------------------|----------------------|-----------------------------|--------------------|
| <b>BREAKFAST</b>              |                     |                      |                      |                             |                    |
| Grain or Meat/Meat Alternates | MINI PANCAKES WGR   | BREAKFAST PIZZA CN   | BOIL EGGS/HAM        | CHEERIOS WGR                | SCRAMBLED EGGS     |
| Fruit/Vegetable               | BLUEBERRIES         | APRICOTS             | MANDARIN ORANGES     | BANANA                      | GRAPES             |
| Fluid Milk                    | WHOLE/1%            | WHOLE/1%             | WHOLE/1%             | WHOLE/1%                    | WHOLE/1%           |
| Extra                         | SAUSAGE PATTY       |                      | WHEAT TOAST WGR      | BAGEL/CREAM CHEESE          | TATER TOTS         |
| <b>AM SNACK</b>               |                     |                      |                      |                             | <b>SANDWICH</b>    |
| Component 1                   | PRETZELS WGR        | WHEAT TOAST          | STRAWBERRY YOGURT    | GARLIC BEAD/CHEESE WGR      | HAM/CHEESE         |
| Component 2                   | CHEESE STICKS       | AVOCADO              | ANIMAL CRACKERS      | GRAPE JUICE                 | WHEAT BREAD        |
| Extra                         |                     |                      |                      |                             |                    |
| <b>LUNCH</b>                  |                     |                      | <b>TACO SALAD</b>    | <b>CHICKEN STEW</b>         |                    |
| Meat/Meat Alternate           | CHICKEN PATTY       | TURKEY/CHEESE        | GROUND BEEF/CHEESE   | DICED CHICKEN               | PINTO BEANS        |
| Grain                         | HAMBURGER BUN WGR   | WHEAT BREAD WGR      | TORTILLA CHIPS WGR   | BISCUITS WGR                | FLOUR TORTILLA WGR |
| Vegetable                     | LETTUCE/TOM/PICKLES | BROCCOLI/CHEESE SOUP | LETTUCE/TOMATOES     | (CARROTS, CELERY, POTATOES) | ZUCCHINI           |
| Fruit or Vegetable            | ORANGE              | PEACHES              | PEARS                | APPLES                      | FRUIT COCKTAIL     |
| Fluid Milk                    | WHOLE/1%            | WHOLE/1%             | WHOLE/1%             | WHOLE/1%                    | WHOLE/1%           |
| Extra                         |                     |                      |                      |                             |                    |
| <b>PM SNACK</b>               |                     | <b>SANDWICH</b>      |                      |                             |                    |
| Component 1                   | POTATO SALAD        | BOLGNA               | CONFETTI MUFFINS WGR | RITZ CRACKER WGR            | BUNNY GRAHAMS      |
| Component 2                   | CRANBERRY JUICE     | WHEAT BREAD          | MILK                 | CHEESE CUBES PKG            | APPLESAUCE CUP     |
| Extra                         |                     |                      |                      |                             |                    |

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## Identification of Mixed Foods

(i.e., fruit salad: apples, peaches, banana)  
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\*\*FRUIT COCKTAIL  
PEACHES, PEARS, GRAPES

## Menu Statements

All juices served are 100% juice.  
Whole milk is served to participants 12-23 months. Participants 24 months and older receive 1% or fat-free milk.  
How is water offered and made available to participants throughout the day?  
I:THA KI'O VES HEMACHKAM HA WI:KAM

GRIC HEAD START/CHILD CARE

Name of Center:

Menu for the Week of 11/24 to 11/28 WEEK 17

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 11/24                  | TUES 11/25               | WED 11/26             | THURS 11/27           | FRI 11/28               |
|------------------------------|----------------------------|--------------------------|-----------------------|-----------------------|-------------------------|
| <b>BREAKFAST</b>             |                            | <b>THANKSGIVING MEAL</b> |                       | <b>HOLIDAY</b>        | <b>HOLIDAY</b>          |
| Grain or Meat/Meat Alternate | <b>SCRAMBLED EGG</b>       | BLUEBERRY CHEX WGR       | <b>BAGEL WGR</b>      | CREAM OF WHEAT        | SAUSAGE/GRAVY           |
| Fruit/Vegetable              | <b>ORANGES</b>             | <b>APRICOT</b>           | <b>BLUEBERRIES</b>    | <b>BANANA</b>         | <b>POTATOES</b>         |
| Fluid Milk                   | <b>WHOLE/1%</b>            | <b>WHOLE/1%</b>          | <b>WHOLE/1%</b>       | <b>WHOLE/15</b>       | <b>WHOLE/15</b>         |
| Extra                        | HONEY ENGLISH MUFFIN WGR   | <b>PUMPKIN BREAD</b>     | <b>EGG PATTY</b>      | RAISIN CIN TOAST WGR  | <b>BISCUIT WGR</b>      |
| <b>AM SNACK</b>              |                            |                          |                       |                       |                         |
| Component 1                  | <b>PEACHES</b>             | BANANA MUFFIN WGR        | AMERICAN CHEESE       | GOLDFISH CRACKERS WGR | MIN PRETZELS WGR        |
| Component 2                  | <b>VANILLA YOGURT</b>      | <b>MILK</b>              | CLUB CRACKERS WGR     | <b>APPLE SLICES</b>   | <b>STRING CHEESE</b>    |
| Extra                        |                            |                          |                       |                       |                         |
| <b>LUNCH</b>                 |                            |                          |                       |                       |                         |
| Meat/Meat Alternate          | <b>ORANGE CHICKEN</b>      | ROAST TURKEY/GRAVY       | HOT HAM/CHEESE        | <b>PORK CHOPS</b>     | <b>LASAGNA BEEF</b>     |
| Grain                        | <b>FRIED RICE WGR</b>      | STUFFIN,DINNER ROLL      | <b>CIABATA BUN</b>    | <b>SPANISH RICE</b>   | <b>(NOODLE)</b>         |
| Vegetable                    | ORIENTAL VEGETABLES        | GREEN BEANS,POTATOES     | BUTTERNUT SQUASH SOUP | <b>BROCCOLI</b>       | <b>CORN</b>             |
| Fruit or Vegetable           | <b>DICED APPLE</b>         | <b>APPLE,PUMPKIN PIE</b> | <b>GRAPES</b>         | <b>DICED PEARS</b>    | <b>**FRUIT COCKTAIL</b> |
| Fluid Milk                   | <b>WHOLE/1%</b>            | <b>WHOLE/1%</b>          | <b>WHOLE/1%</b>       | <b>WHOLE/1%</b>       | <b>WHOLE/1%</b>         |
| Extra                        |                            |                          |                       |                       |                         |
| <b>PM SNACK</b>              |                            |                          |                       |                       |                         |
| Component 1                  | <b>CHEX MIX WGR</b>        | ANIMAL CRACKERS WGR      | <b>MACARONI SALAD</b> | SUN BUTTER SANDWICH   | <b>BOLGNA,CHEESE</b>    |
| Component 2                  | <b>PINEAPPLE FRUIT CUP</b> | <b>APPLESAUCE</b>        | <b>ORANGE JUICE</b>   |                       | SALTINES CRACKERS WGR   |
| Extra                        |                            |                          |                       |                       |                         |

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I:THA KI'O VES HEMACHIKAM HA WI:KM



Name of Center: \_\_\_\_\_

Menu for the Week of 12/1/25 to 12/5/25 WEEK 18

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 12/1             | TUES 12/2               | WED 12/3            | THURS 12/4              | FRI 12/5                    |
|------------------------------|----------------------|-------------------------|---------------------|-------------------------|-----------------------------|
| <b>BREAKFAST</b>             | <b>SANDWICH</b>      |                         |                     |                         | <b>BREAKFAST QUESADILLA</b> |
| Grain or Meat/Meat Alternate | EGG PATTY,CHEESE     | SC EGG/ZUCCHINI         | MINI WAFFLES WGR    | REESES PUFF RS CN       | HAM,CHEESE                  |
| Fruit/Vegetable              | TATER TOTS           | GRILLED POTATOES        | PINEAPPLE CUPS      | ORANGE                  | BANANA                      |
| Fluid Milk                   | WHOLE/1%             | WHOLE/1%                | WHOLE/1%            | WHOLE/1%                | WHOLE/1%                    |
| Extra                        | ENGLISH MUFFIN WGR   | TOAST WGR               | SAUSAGE             | BLUEBERRY MUFFIN WGR    | FLOUR TORTILLA WGR          |
| <b>AM SNACK</b>              |                      |                         |                     |                         |                             |
| Component 1                  | WHEAT THINS WGR      | WELCH FRUIT SNACKS 100% | SUNCHIPS WGR        | LIL SQUARE GRAM WGR     | CHEDDAR CHEESE              |
| Component 2                  | CHEESE STICK         | PITA CHIPS WGR          | ORANGE              | APPLESAUCE CUP          | OVEN FRIES                  |
| Extra                        |                      |                         |                     |                         |                             |
| <b>LUNCH</b>                 |                      |                         | <b>BBQ SANDWICH</b> |                         | <b>TACO BOWL</b>            |
| Meat/Meat Alternate          | <b>CALZONE PIZZA</b> | <b>DICED HAM</b>        | <b>DICED PORK</b>   | CHICKEN WILD RICE SOUP  | SHRED BEEF,CHEESE           |
| Grain                        | (PIZZA CRUST)        | LAZY BREAD WGR          | HAMBURGER BUN WGR   | (RICE)                  | TACO BOWL WGR               |
| Vegetable                    | CORN NUGGETS         | FIESTA BEANS HM         | POTATO SALAD        | (CARROTS,ONIONS,POTATO) | TOMATO,LETTUCE              |
| Fruit or Vegetable           | GRAPES               | PEARS                   | MIX FRUIT           | PEACHES                 | SALSA,                      |
| Fluid Milk                   | WHOLE/1%             | WHOLE/1%                | WHOLE/1%            | WHOLE/1%                | WHOLE/1%                    |
| Extra                        |                      |                         |                     | BISCUIT WGR             | APPLE T                     |
| <b>PM SNACK</b>              |                      |                         |                     | CUP                     |                             |
| Component 1                  | PEACH YOGURT         | BAKED TOSTITOS WGR      | CLUB CRACKERS WGR   | JICAMA,CARROT STICKS    | CHEEZ-ITS BUFFALO WING      |
| Component 2                  | BUNNY GRAHAM WGR     | MANGO SALSA             | CHEESE SQUARE       | SQUASH STICK            | PINEAPPLE/OJ JUICE          |
| Extra                        |                      |                         |                     | TEJIA/RANCH             |                             |

**Menu Statements****Identification of Mixed Foods**

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Item (CN label available)

Name of Center: \_\_\_\_\_

Menu for the Week of 12/8/25 to 12/12/25 WEEK 19

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|                              | MON 12/8                                 | TUES 12/9                  | WED 12/10                 | THURS 12/11                               | FRI 12/25                     |
|------------------------------|------------------------------------------|----------------------------|---------------------------|-------------------------------------------|-------------------------------|
| <b>BREAKFAST</b>             |                                          |                            | <b>NO SCHOOL</b>          |                                           | <b>BREAKFAST BURRITO</b>      |
| Grain or Meat/Meat Alternate | <b>BISCUIT WGR</b>                       | FRENCH TOAST STICKS WGR    | <b>BREAKFAST PIZZA CN</b> | <b>KIX WGR</b>                            | <b>EGG,POTATO,CHEESE</b>      |
| Fruit/Vegetable              | <b>ORANGE SLICES</b>                     | <b>APPLESAUCE</b>          | <b>*STRAWBERRIES</b>      | <b>APRICOTS</b>                           | <b>BANANA</b>                 |
| Fluid Milk                   | <b>WHOLE/1%</b>                          | <b>WHOLE/1%</b>            | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>                           | <b>WHOLE/1%</b>               |
| Extra                        | <b>SAUSAGE, GRAVY</b>                    | <b>HAM</b>                 |                           | <b>CIN APPLE MUFFIN WGR</b>               | <b>FLOUR TORTILLA WGR</b>     |
| <b>AM SNACK</b>              |                                          |                            |                           |                                           |                               |
| Component 1                  | <b>TOAST WGR</b>                         | <b>BANANA LOAF WGR</b>     | <b>STRING CHEESE</b>      | <b>GRAHAM CRACKERS WGR</b>                | <b>EGG SALAD</b>              |
| Component 2                  | <b>AVOCADO</b>                           | <b>MANDARIN ORANGE CUP</b> | <b>APPLE SLICES</b>       | <b>FRUIT SALAD</b>                        | <b>CLUB CRACKERS WGR</b>      |
| Extra                        |                                          |                            |                           |                                           |                               |
| <b>LUNCH</b>                 |                                          |                            | <b>HAMBURGER</b>          | <b>BEEF STEW</b>                          |                               |
| Meat/Meat Alternate          | <b>PORK CHOPS</b>                        | <b>CHICKEN STRIPS</b>      | <b>HAMBURGER PATTY</b>    | <b>BEEF STEW MEAT</b>                     | <b>CHICKEN EGG ROLLS</b>      |
| Grain                        | <b>WHEAT BREAD</b>                       | <b>DINNER ROLL WGR</b>     | <b>HAMBURGER BUN WGR</b>  | <b>SALTINE CRACKER WGR</b>                | <b>BROWN RICE WGR</b>         |
| Vegetable                    | <small>GREEN BEANS,MASH POTATOES</small> | <b>OVEN FRIES</b>          | <b>BAKED BEANS,PICKLE</b> | <b>(POT,ONION,CARROT)</b>                 | <b>ORIENTAL VEGETABLE</b>     |
| Fruit or Vegetable           | <b>PINEAPPLE</b>                         | <b>FRESH PEARS</b>         | <b>GRAPES</b>             | <b>PEACHES</b>                            | <b>APPLE</b>                  |
| Fluid Milk                   | <b>WHOLE/1%</b>                          | <b>WHOLE/1%</b>            | <b>WHOLE/1%</b>           | <b>WHOLE/1%</b>                           | <b>WHOLE/1%</b>               |
| Extra                        |                                          | <b>KETCHUP,RANCH</b>       | <b>KETCHUP,MUSTARD</b>    |                                           | <b>SWEET &amp; SOUR SAUCE</b> |
| <b>PM SNACK</b>              |                                          |                            |                           |                                           | <b>CUP</b>                    |
| Component 1                  | <b>YOGURT</b>                            | <b>CHEEZ-ITS WGR</b>       | <b>ORANGE SLICES</b>      | <small>STRAWBERRY YOGURT CHEX WGR</small> | <b>CHEESE CUBES</b>           |
| Component 2                  | <b>RASPBERRIES</b>                       | <b>GRAPE PKG</b>           | <b>PRETZELS WGR</b>       | <b>APPLE JUICE</b>                        | <b>HAM</b>                    |
| Extra                        |                                          |                            |                           |                                           | <b>SALTINE CRACKERS WGR</b>   |

**Identification of Mixed Foods**

(i.e., fruit salad: apples, peaches, banana)

**Menu Statements**

All juices served are 100% juice.

Whole milk is served to participants 12-23 months. Participants 24 months and older receive 1% or fat-free milk.

How is water offered and made available to participants throughout the day?

**Acronyms**

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience Item (CN label available)

Name of Center: \_\_\_\_\_

Menu for the Week of 12/15/25 to 12/19/25 WEEK 20

We proudly participate in the Child and Adult Care Food Program! For information about the CACFP, please ask our staff.



|                              | MON 12/15              | TUES 12/16          | WED 12/17               | THURS 12/18          | FRI 12/19/25            |
|------------------------------|------------------------|---------------------|-------------------------|----------------------|-------------------------|
| <b>BREAKFAST</b>             |                        |                     |                         |                      |                         |
| Grain or Meat/Meat Alternate | BANANA BREAD WGR       | WAFFLE WGR          | OATMEAL WGR             | CORN FLAKES WGR      | BISCUIT WGR             |
| Fruit/Vegetable              | FRUIT CUP              | APPLESAUCE          | PEACHES                 | BANANA               | HASHBROWN WEDGE         |
| Fluid Milk                   | WHOLE/1%               | WHOLE/1%            | WHOLE/1%                | WHOLE/15             | WHOLE/1%                |
| Extra                        | PEACH YOGURT           | CANADIAN BACON      | RISIN TOAST WGR         | WHEAT TOAST WG       | SC EGGS, SAUSAGE LINK   |
| <b>AM SNACK</b>              |                        | <b>GRILL CHEESE</b> |                         |                      | <b>SANDWICH</b>         |
| Component 1                  | CHEESE SQUARE          | AMERICAN CHEESE     | ANIMAL CRACKER WGR      | GOLDFISH CRACKER WGR | BOLGNA                  |
| Component 2                  | RITZ CRACKERS WGR      | WHEAT BREAD WGR     | *STRAWBERRIES           | ORANGE JUICE         | WHEAT BREAD WGR         |
| Extra                        |                        |                     |                         |                      |                         |
| <b>LUNCH</b>                 |                        |                     | <b>CHEESEBURGERS</b>    |                      | <b>LAST DAY</b>         |
| Meat/Meat Alternate          | PEPPERONI PIZZA CN     | BEEF BURRITO        | HAMBURGER PATTY, CHEESE | DICED HAM            | SHRED CHICKEN/BEEF      |
| Grain                        | (CRUST)                | BROWN RICE WGR      | HAMBURGER BUN WGR       | FLAT BREAD WGR       | FLOUR TORTILLA WGR      |
| Vegetable                    | GARDEN SALAD           | PINTO BEANS         | OVEN FRIES, PICKLE      | SPLIT PEA SOUP       | CORN                    |
| Fruit or Vegetable           | GRAPES                 | PEARS               | APPLE                   | ORANGE WEDGE         | PINEAPPLE               |
| Fluid Milk                   | WHOLE/1%               | WHOLE/15            | WHOLE/15                | WHOLE/15             | WHOLE/1%                |
| Extra                        |                        |                     |                         |                      |                         |
| <b>PM SNACK</b>              |                        |                     |                         | <b>CUP</b>           |                         |
| Component 1                  | CHOCOLATE CHEX MIX WGR | COTTAGE CHEESE      | BAGEL W /RAISINS WGR    | CHERRY TOMATO        | STRAWBERRY YOGUR        |
| Component 2                  | GRAPE JUICE            | PINEAPPLE           | STRAWBERRY CREAM CHEESE | CUCUMBER,CARROTS     | GRAHAM CRACKER STDX WGR |
| Extra                        |                        |                     | TROPICAL FRUIT CUP      | WHEAT THINS,RANCH    |                         |

**Menu Statements**

**Identification of Mixed Foods**

(i.e., fruit salad: apples, peaches, banana)

\*SEASONAL FRUIT

\*\*FRUIT COCKTAIL

PEACHES,PEARS,GRAPES

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Water coolers are in each classroom - participants are offered and have access to water throughout the day.  
I:TH KI:O VES HEMACHKAM HA WI:KM

**Acronyms**

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Item (CN label available)



GILA RIVER HEAD START/CHILD CARE CENTER

WINTER BREAK DECEMBER 22,2025-JANUARY 2,2026

NO SCHOOL





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|                              | MON 1/5              | TUES 1/6           | WED 1/7                 | THURS 1/8                 | FRI 1/9              |
|------------------------------|----------------------|--------------------|-------------------------|---------------------------|----------------------|
| <b>BREAKFAST</b>             |                      |                    |                         |                           |                      |
| Grain or Meat/Meat Alternate | PANCAKES WGR         | OMELET             |                         |                           | BREAKFAST BURRITO    |
| Fruit/Vegetable              | MIXED BERRIES        | GRAPEFRUIT         | BANANA                  | PEACHES                   | EGG,POTATO,CHEESE    |
| Fluid Milk                   | WHOLE/1%             | WHOLE/1%           | WHOLE/1%                | WHOLE/1%                  | WHOLE/1%             |
| Extra                        | SAUSAGE              | ENGLISH MUFFIN WGR | PEACH YOGURT            | WHEAT TOAST WGR           | (FLOUR TORTILLA)     |
| <b>AM SNACK</b>              |                      |                    |                         |                           |                      |
| Component 1                  | BAGEL WGR            | TEDDY GRAHAMS WGR  | OATMEAL BAR WGR         | CHEEZ-ITS WGR             | TURKEY SLICES        |
| Component 2                  | MANDARIN ORANGES CUP | MILK               | APPLESAUCE CUP          | GRAPES                    | RITZ CRACKERS WGR    |
| Extra                        | CREAM CHEESE         |                    |                         |                           |                      |
| <b>LUNCH</b>                 |                      |                    |                         |                           |                      |
| Meat/Meat Alternate          | SLOPPY JOE           | CHICKEN FRIED RICE | GRILL HAM/CHEESE        |                           | 3 SISTERS STEW       |
| Grain                        | GROUND BEEF          | DICED CHICKEN      | HAM/CHEESE              | CHICKEN TENDERS           | BEEF DICED           |
| Vegetable                    | HAMBURGER BUN WGR    | BROWN RICE WGR     | WHEAT BREAD WGR         | DINNER ROLL WGR           | BISCUIT WGR          |
| Fruit or Vegetable           | OVEN FRIES           | STRI FRY VEGGIES   | TOMATO SOUP             | BAKED BEANS               | (SQUASH,CORN,TOMATO) |
| Fluid Milk                   | *HONEYDEW            | PINEAPPLE          | ORANGE                  | **FRUIT COCKTAIL          | FRESH PEARS          |
| Extra                        | WHOLE/1%             | WHOLE/1%           | WHOLE/1%                | WHOLE/1%                  | WHOLE/1%             |
| <b>PM SNACK</b>              |                      |                    |                         |                           |                      |
| Component 1                  | BERRY YOGURT         | TRAIL MIX HM       | BLUEBERRIES             | HOT DOG BUN WGR           | GUACAMOLE            |
| Component 2                  | GRAHAM CRACKERS WGR  | APPLE JUICE        | FRENCH TOAST STICKS WGR | BANANA                    | TOSTITOS CHIPS WGR   |
| Extra                        |                      |                    |                         | CREAM CHEESE/APPLE BUTTER |                      |

**Menu Statements**

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**Identification of Mixed Foods**  
(i.e., fruit salad: apples, peaches, banana)  
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\*\*FRUIT COCKTAIL  
PEACHES,PEARS,GRAPES

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I:THA K'IO VES HEMACHKAM HA WI:KAM





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Name of Center: \_\_\_\_\_ to 1/16/25 WEEK 24  
Menu for the Week of 1/12/26

|                              | MON 1/12           | TUES 1/13               | WED 1/14            | THURS 1/15              | FRI 1/16                    |
|------------------------------|--------------------|-------------------------|---------------------|-------------------------|-----------------------------|
| <b>BREAKFAST</b>             | <b>SANDWICH</b>    |                         |                     |                         | <b>BREAKFAST QUESADILLA</b> |
| Grain or Meat/Meat Alternate | EGG PATTY,CHEESE   | SC EGG,ZUCCHINI         | MIN WAFFLES WGR     | REESES PUFF CN          | HAM,CHEESE                  |
| Fruit/Vegetable              | TATER TOTS         | GRILLED POTATOES        | PINEAPPLE CUPS      | ORANGE                  | BANANA                      |
| Fluid Milk                   | WHOLE/1%           | WHOLE/1%                | WHOLE/1%            | WHOLE/1%                | WHOLE/1%                    |
| Extra                        | ENGLISH MUFFIN WGR | TOAST WGR               | SAUSAGE             | BLUEBERRY MUFFINS WGR   | FLOUR TORTILLA WGR          |
| <b>AM SNACK</b>              |                    |                         |                     |                         | <b>CHEESEY FRIES</b>        |
| Component 1                  | WHEAT THINS WGR    | WELCH FRUIT SNACKS 100% | SUNCHIPS WGR        | LIL SQUARES GRAM WGR    | CHEDDAR CHEESE              |
| Component 2                  | CHEESE STICKS      | PITA CHIPS WGR          | ORANGE JUICE        | APPLESAUCE CUP          | OVEN FRIES                  |
| Extra                        |                    |                         |                     |                         |                             |
| <b>LUNCH</b>                 |                    |                         | <b>BBQ SANDWICH</b> |                         | <b>TACO BOWL</b>            |
| Meat/Meat Alternate          | CALZONE PIZZA CN   | DICED HAM               | DICED PORK          | CHICKEN WILD RICE SOUP  | SHRED BEEF,CHEESE           |
| Grain                        | (PIZZA CRUST)      | LAZY BREAD              | HAMBURGER BUN WGR   | (RICE)                  | TACO BOWL WGR               |
| Vegetable                    | CORN NUGGETS       | FIESTA BEANS HM         | POTATO SALAD        | (CARROTS,ONIONS,POTATO) | TOM,LETTUCE                 |
| Fruit or Vegetable           | GRAPES             | PEARS                   | MIX FRUIT           | PEACHES                 | SALSA                       |
| Fluid Milk                   | WHOLE/1%           | WHOLE/1%                | WHOLE/1%            | WHOLE/1%                | WHOLE/1%                    |
| Extra                        |                    |                         |                     | CORN MUFFIN WGR         | APPLE T                     |
| <b>PM SNACK</b>              |                    |                         |                     | <b>CUP</b>              |                             |
| Component 1                  | PEACH YOGURT       | BAKED TOSTITOS WGR      | APPLE SLICES        | JICAMA,CARROT STICKS    | CHEE-IT BUFFALO             |
| Component 2                  | BUNNY GRAHAMS WGR  | MANGO SALSA             | CHEESE CUBES        | SQUASH STICK            | PINEAPPLE ORANGE JUICE      |
| Extra                        |                    |                         |                     | TEJIA/RANCH             |                             |

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(i.e., fruit salad: apples, peaches, banana)  
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\*\*FRUIT COCKTAIL

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