

GRIC HEAD START/CHILD CARE

Name of Center: JAN19,26 to JAN 23,26 Week 25
 Menu for the Week of JAN19,26 to JAN 23,26 Week 25

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



	MON 1/19	TUES 1/20	WED 1/21	THURS 1/22	FRI 1/23
BREAKFAST					
Grain or Meat/Meat Alternate	BISCUIT, WGR	HONEY NUTS CEREAL WGR	HAM/CHEESE	CIN RICE	WAFFLES WGR
Fruit/Vegetable	GRILLED POTATO	ORANGE	HASH BROWN PATTY	BANANA	MIXED BERRIES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	SAUSAGE	BANANA BREAD WGR	WHEAT BREAD WGR	HONEY ENGLISH MUFFIN WGR	CHICKEN TENDER/ SYRUP
AM SNACK					
Component 1	MINI PRETZEL WGR	BAGEL WGR	TEDDY GRAHAMS	COTTAGE CHEESE	TURKEY SLICES
Component 2	CHEESE STICKS	MIX FUIT CUP	APPLESAUCE	PINEAPPLE	RITZ CRACKER
Extra		STRAWBERRY CREAM CHEESE			
LUNCH					
Meat/Meat Alternate	RAVIOLI	GROUND BEEF/CHEESE	FRENCH BREAD PIZZA WGR	POSOLE	CHICKEN TACOS
Grain	TEXAS GARLIC TOAST WGR	CORN CHIPS	(PIZZA CRUST)	STEW MEAT	DICED CHICKEN,CHEESE
Vegetable	CHEF SALAD ROM LET,HAM,CHEESE	PINTO BEANS,DICED TOM	STEAMED CARROTS	BOLLIOS	CORN TORTILLA CHIPS
Fruit or Vegetable	SLICED PEARS	GRAPES	FRUIT COCKTAIL ***	HOMINY	LETTUCE, TOM
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	APPLE SLICES	PEACHES
Extra	RANCH			RADISHES,CABBAGE, CILANTRO,ONION	RANCH/SALSA
PM SNACK					
Component 1	BERRY PARFAIT	CUP			
Component 2	YOGURT	WHEAT THINS WGR	CHEESE CUBES	NUTELLA	APPLE BAR
Extra	BERRIES	APPLE JUICE 100%	GRAPES	PRETZELS WGR	BANANA
	GRAM CRACKER CRUMBS		CLUB CRACKER		

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience
Item (CN label available)

Identification of Mixed Foods
(i.e., fruit salad; apples, peaches, banana)

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.

**SEASONAL FRUIT
***FRUIT COCKTAIL/MIX FRUIT

PEACHES,PEARS,GRAPES

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



Menu Statements

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



MON 1/26	TUES 1/27	WED 1/28	THURS 1/29	FRI 1/30
BREAKFAST				
BREAKFAST SANDWICH		BREAKFAST ON BUN		
Grain or Meat/Meat Alternate	EG/CHEESE/SAUSAGE PATTY	FRENCH TOAST WGR	EGG PATTY/HAM	SC EGGS,BISCUITS WGR
Fruit/Vegetable	*STRAWBERRIES	APPLES	TATER TOTS	ORANGE
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	BAGEL WGR		HAMBURGER BUN WGR	WHEAT TOAST WGR
AM SNACK				
Component 1	PEACH CUP	OATMEAL BAR	GOLDFISH CRACKERS	SUNCHIPS WGR
Component 2	VANILLA YOGURT	MILK	ORANGE JUICE 100%	MANDARIN ORANGE
Extra				BERRIES
LUNCH				
Meat/Meat Alternate	PORK CHOPS	CHEESE/DICED HAM	FISH NUGGETS	FIESTA BEANS
Grain	DINNER ROLLS WGR	SALTINE CRACKERS	HUSH PUPPIES	FLAT BREAD
Vegetable	SCALLOPED POTATOES (POTATO,CELERY,CARROTS)		OVEN FRIES	GARDEN SALAD
Fruit or Vegetable	DICED PEARS	PINEAPPLE	GRAPES	PEACHES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra			RANCH	HONEY LIME VINAIGRETTE
PM SNACK				CUP
Component 1	CHEX MIX WGR	ANIMAL CRACKERS	BOILED EGG	SUNBUTTER SANDWICH
Component 2	TROPICAL FRUIT CUP	APPLESAUCE	GRAHAM CRACKER	BOLGNA,CHEESE CUBES
Extra				SALTINE CRACKERS

Acronyms
WGR: Whole Grain-Rich
HM: Homemade
CN: Processed/Convenience
Item (CN label available)

(i.e. fruit salad, apples, peaches, banana)
8SEASONAL FRUIT
***FRUIT COCKTAIL/MIX FRUIT
PEACHES,PEARS,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 K'IO VES HEMACHKAM HA WI:KMI THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Name of Center: GRIC/HEAD START/CHILDCARE
 Menu for the Week of FEB 2/26 to FEB 6,26 Week : 26

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



MON 2/2	TUES 2/3	WED 2/4	THURS 2/5	FRI 2/6
B BREAKFAST	TEX-MEX MIGUS			
Grain or Meat/Meat Alternate	BERRY SHEET PANCAKES SC EGG/CORN TORTILLA/ CHEESE	OATMEAL WGR	GOLDEN GRAHAM CEREAL	OMELET
Fruit/Vegetable	APPLESAUCE	ORANGE	DICED APPLES	GRAPES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	SAUSAGE LINK (ONION,TOM,PEPPER) SALSA	CIN BAGEL WGR HOT	BLUEBERRIES MUFFINS WGR	WHEAT TOAST WGR
AM SNACK	TOAST WGR	PITA CHIPS WGR	BREAKFAST PIZZA	CHEDDAR CHEESE
Component 1	AVOCADO SPREAD	APPLE SLICED	APPLE JUICE 100%	OVEN FRIES
Component 2				BOIL EGG, TOMATO
Extra				CLUB CRACKERS
LUNCH				
Meat/Meat Alternate	BEEF BURRITO	CHICKEN	HAM/CHEESE	GROUND BEEF
Grain	FLOUR TORTILLA	EGG NODLES	FLOUR TORTILLA WGR	PEPPERONI PIZZA WGR
Vegetable	PINTO BEANS (CARROTS,PEPPER,MUSHROOMS)		ROMAINE LETTUCE, TOMATO	ELBOW MACARONI WGR
Fruit or Vegetable	MANDARIN ORANGES	FRESH PEAR	APPLE	BROCCOLI
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	PEAS/CARROTS
Extra	CORNBREAD WGR (RANCH) BAKED CHIPS		PINEAPPLE	PEACHES
PM SNACK			CUP	ENERGY BITES
Component 1	STRAWBERRY CHEX MIX WGR	BERRY YOGURT	GRAHAM CRACKERS	CARROTS,JICAMA OATS,SUNFLOWER,CRANBERRIES,
Component 2	CHEESE STICKS	BUNNY GRAHAMS	FRUIT SALAD	CHERRY TOM
Extra			RANCH	CHOCOLATE CHIP MILK

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience Item (CN label available)

Identification of Mixed Foods

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

*SEASONAL FRUIT

**FRUIT COCKTAIL/MIX FRUIT

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.

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



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

Arizona Department of Education
Arizona Department of Education
Arizona Department of Education
Arizona Department of Education



MON 2/9	TUES 2/10	WED 2/11	THURS 2/12	FRI 2/13
B BREAKFAST	SANDWICH	LOADED BREAKFAST	BREAKFAST PIZZA HM	
Grain or Meat/Meat Alternate	AVOCADO,EGG	PANCAKE STICK	EGG PATTY/CHEESE	LUCKY CHARMS RS
Fruit/Vegetable	APRICOTS	ORANGE	FRUIT COCKTAIL ***	FRESH PEAR
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	WHEAT BREAD WGR		SAUSAGE PATTY/WHEAT BREAD WGR	(CHEESE,BELL PEPPERS)
AM SNACK		SANDWICH		
Component 1	MINI PRETZELS WGR	PEACHES	HAM	APPLE CINNAMON MUFFIN WGR
Component 2	CHEESE SAUCE	VANILLA YOGURT	WHEAT BREAD WGR	CHOCOLATE CHEX MIX WGR
Extra		GRANOLA	MILK	AMERICAN CHEESE SL
LUNCH	WRAP	BEEF TACOS	PIZZA BURRITO	CHEESEBURGER TATER TOT
Meat/Meat Alternate	CHICKEN STRIPS	GROUND BEEF/CHEESE	CHEESE,PEPPERONI	GROUND BEEF/CHEESE
Grain	FLOUR TORTILLA WGR	CORN TACO SHELL WGR	FLOUR TORTILLA WGR	TURKEY SWISS CHEESE
Vegetable	ROM LET,TOMTO	REFRIED BEANS/LETUCE	CUCUMBERS	DINNER ROLL WGR
Fruit or Vegetable	GRAPES	*MELON	PINEAPPLE	CORN
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	LET,TOM,PICKLES
Extra	RANCH	SALSA	MARINARA SAUCE	LET,TOM,PICKLES
PM SNACK	PIZZA CUP HM	FRUIT WAFFLE NACHOS	CUP	BAKED BBQ CHIPS
Component 1	BISCUIT DOUGH	WAFFLES WGR	ANIMAL CRACKERS	CANTALOPE
Component 2	DICED PEPPERONI,CHEESE	DICED STRAWBERRIES,KIWI	APPLESAUCE	MACARONI SALAD
Extra	SAUCE	VANILLA YOGURT	RITZ CRACKERS	CHEESE

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience Item (CN label available)

Identification of Mixed Foods

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

All juices served are 100% juice.

SEASONAL FRUIT

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

***FRUIT COCKTAIL/MIX FRUIT

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:KW/THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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:KW/THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

GRIC HEAD START/CHILD CARE

Name of Center: GRIC HEAD START/CHILD CARE
 Menu for the Week of 2/16/26 to 2/20/26 Week 29

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



MON 2/16	TUES 2/17	WED 2/18	THURS 2/19	FRI 2/20
BREAKFAST				
Grain or Meat/Meat Alternate	PANCAKES WGR	SC EGG/CHILI	 BISCUITS WGR/GRAVY	SPECIAL K WGR
Fruit/Vegetable	*MIXED BERRIES	REFRIED BEANS	GRILL POTATOES	APRICOTS
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	HAM	 FLOUR TORTILLA WGR	SAUSAGE	BAGEL CREAM/CHEESE
AM SNACK	CUP			
Component 1	GRAPES,CHEESE	OATMEAL CRAN BAR	SUNCHIPS WGR	PEACH YOGURT
Component 2	CRACKERS	APPLESAUCE CUP	ORANGE SLICES	BANANA
Extra				
LUNCH				
Meat/Meat Alternate	BAKED HAM STEAK	TURKEY GRAVY	 GROUND BEEF/CHEESE	 DICED CHICKEN,CHEESE
Grain	WHEAT BREAD WGR	DINNER ROLLS WGR	HAMBURGER BUN WGR	CORBREAD WGR
Vegetable	SWEET POTATOES	MASH POTATOES	BROCCOLI SALAD (CORN,POTATOES,CARROTS)	 BEANS
Fruit or Vegetable	SL APPLE	PEACHES	*MELON	GRAPES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra				
PM SNACK				
Component 1	TRAIL MIX WGR	CHEEZ-ITS WGR	BAKED TOSTITOS WGR	CLUB CRACKERS
Component 2	PINEAPPLE CUP	ORANGE JUICE 100%	MANGO SALSA	CHEESE SQUARES
Extra				

Acronyms
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience
 Item (CN label available)

Identification of Mixed Foods
 (i.e. fruit salad, apples, peaches, banana)
 *SEASONAL FRUIT
 **FRUIT COCKTAIL/MIX FRUIT
 PEACHES,PEARS,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 K'IO VES HEMACHKAM HA WI:KMTIHS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Menu Statements

GRIC HEAD START/CHILD CARE

Name of Center:

Menu for the Week of 2/23/26 to 2/27/26 Week 30

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



	MON 2/23	TUES 2/24	WED 2/25	THURS 2/26	FRI 2/27
BREAKFAST					
Grain or Meat/Meat Alternate	BREAKFAST BURRITO	OMELET	PUMPKIN BREAD WGR	BLUEBERRY CHEX MIX WGR	FRENCH TOAST STICKS WGR
Fruit/Vegetable	*MELON	TATER TOTS	APRICOTS	APPLE	BANANA
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	ENGLISH MUFFIN WGR	STRAWBERRY YOGURT	ROLL	SANDWICH	CANADIAN BACON
AM SNACK		TOAST			
Component 1	WHEAT THINS WGR	WHEAT BREAD WGR	CHEERIOS WGR	FLOUR TORTILLA WGR	WHEAT BREAD WGR
Component 2	BLUE BERRIES	SWISS CHEESE	MILK	TURKEY/CHEESE	JAM
Extra					ORANGE JUICE 100%
LUNCH					
Meat/Meat Alternate	BEEF PATTY/CHEESE	DICED CHICKEN/CHEESE	CHEESE PIZZA/HAM	GROUND BEEF	BEAN BURRITO HN
Grain	HAMBURGER BUN WGR	CORN TORTILLAS WGR	(PIZZA CRUST)WGR	CORNBREAD WGR	SOPA
Vegetable	OVEN FRIES/LET/PICKLES	GARDEN SALAD	CUCUMBERS,CELERY STICKS	PINTO BEANS	MEXICAN CORN
Fruit or Vegetable	APPLES	PINEAPPLE	GRAPES	PEACHES	ORANGE
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra		RANCH			
PM SNACK		CUP			
Component 1	TORTILLA CHIPS	PRETZELS, TOM	CHEX MIX WGR	BAGEL	CHEEZ-ITS PKC
Component 2	NACHO CUP	CHEESE CUBES,CRACKERS	APPLE JUICE 100%	CREAM CHEESE	FRESH PEARS SL
Extra			1/2 BANANA		

Acronyms
WGR: Whole Grain-Rich
HM: Homemade
CN: Processed/Convenience
Item (CN label available)

(i.e., fruit salad: apples, peaches, banana)
*SEASONAL FRUIT
***FRUIT COCKTAIL,MIX FRUIT
PEACHE,PEARS,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 KIO VES HEMACHIKAM HA WI:KM

Identification of Mixed Foods

Menu Statements

September 2023 | Health and Nutrition Services | Arizona Department of Education | This institution is an equal opportunity provider.

GRIC HEAD START/CHILD CARE
Name of Center: MAR 2/26 to MAR 6,2024 Week : 31

Menu for the Week of MAR 2/26 to MAR 6,2024 Week : 31

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



	MON 3/2	TUES 3/3	WED 3/4	THURS 3/5	FRI 3/6
B BREAKFAST			GR HAM/CHEESE		
Grain or Meat/Meat Alternate	 BISCUIT,WGR	HONEY NUTS CEREAL WGR	HAM/CHEESE	CIN RICE	WAFFLES WGR
Fruit/Vegetable	GRILLED POTATO	ORANGE	HASH BROWN PATTY	BANANA	MIXED BERRIES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	SAUSAGE	BANANA BREAD WGR	WHEAT BREAD WGR	HONEY ENGLISH MUFFIN WGR	CHICKEN TENDER/ SYRUP
AM SNACK					
Component 1	MINI PRETZEL WGR	BAGEL WGR	TEDDY GRAHAMS	COTTAGE CHEESE	TURKEY SLICES
Component 2	CHEESE STICKS	MIX FRUIT CUP	APPLESAUCE	PINEAPPLE	RITZ CRACKER
Extra		STRAWBERRY CREAM CHEESE			
LUNCH		FRITO PIE CUP		POSOLE	CHICKEN TACOS
Meat/Meat Alternate	RAVIOLI	GROUND BEEF/CHEESE	FRENCH BREAD PIZZA WGR	STEW MEAT	DICED CHICKEN,CHEESE
Grain	TEXAS GARLIC TOAST WGR	CORN CHIPS	(PIZZA CRUST)	BOLLIOS	CORN TORTILLA CHIPS
Vegetable	CHEF SALAD ROM,LET,HAM,CHEESE	PINTO BEANS,DICED TOM	STEAMED CARROTS	HOMINY	LETTUCE, TOM
Fruit or Vegetable	SLICED PEARS	GRAPES	FRUIT COCKTAIL ***	APPLE SLICES	PEACHES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	RANCH		RADISHES,CABBAGE,CEL,ANTRO,ONION		RANCH/SALSA
PM SNACK	BERRY PARFAIT		CUP		
Component 1	YOGURT	WHEAT THINS WGR	CHEESE CUBES	NUTELLA	APPLE BAR
Component 2	BERRIES	APPLE JUICE 100%	GRAPES	PRETZELS WGR	BANANA
Extra	GRAM CRACKER CRUMBS		CLUB CRACKER		

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience

PEACHES,PEARS,GRAPES

Identification of Mixed Foods
(i.e., fruit salad: apples, peaches, banana)

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.

**SEASONAL FRUIT

***FRUIT COCKTAIL/MIX FRUIT

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

I:THA I"O VES HEMACHKAM HA WI:KAM/THIS INSTITUITON IS AN EQUAL OPPORTUNITY PROVIDER

Menu Statements

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



MON 1/26	TUES 1/27	WED 1/28	THURS 1/29	FRI 1/30
BREAKFAST				
Grain or Meat/Meat Alternate	EG/CHEESE/SAUSAGE PATTY	FRENCH TOAST WGR	EGG PATTY/HAM	SC EGGS/BISCUITS WGR
Fruit/Vegetable	*STRAWBERRIES	APPLES	TATER TOTS	ORANGE
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	BAGEL WGR		HAMBURGER BUN WGR	
AM SNACK				
Component 1	PEACH CUP	OATMEAL BAR	GOLDFISH CRACKERS	SUNCHIPS WGR
Component 2	VANILLA YOGURT	MILK	ORANGE JUICE 100%	MANDARIN ORANGE
Extra				MINI WAFFLES WGR
LUNCH				
Meat/Meat Alternate	PORK CHOPS	CHEESE/DICED HAM	FISH NUGGETS	FIESTA BEANS
Grain	DINNER ROLLS WGR	SALTINE CRACKERS	HUSH PUPPIES	FLAT BREAD
Vegetable	SCALLOPED POTATOES (POTATO,CELERY,CARROTS)		OVEN FRIES	GARDEN SALAD
Fruit or Vegetable	DICED PEARS	PINEAPPLE	GRAPES	PEACHES
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra			RANCH	HONEY LIME VINAGARETTE
PM SNACK				CUP
Component 1	CHEX MIX WGR	ANIMAL CRACKERS	BOILED EGG	SUNBUTTER SANDWICH
Component 2	TROPICAL FRUIT CUP	APPLESAUCE	GRAHAM CRACKER	BOLGNA,CHEESE CUBES
Extra				SALTINE CRACKERS
Acronyms	<u>Identification of Mixed Foods</u>			
WGR: Whole Grain-Rich	(i.e., fruit salad; apples, peaches, banana)			
HM: Homemade	All juices served are 100% juice.			
CN: Processed/Convenience Item (CN label available)	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 K'IO VES HEMACHKAM HA WI:KMT/THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER			

GRIC/HEAD START/CHILDCARE

Name of Center: GRIC/HEAD START/CHILDCARE
 Menu for the Week of 3/16/20 to 3/20/26 Week 33

 33

MON 3/16

TUES 3/17

WED 3/18

THURS 3/19

FRI

S P R T V G B r e a K

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



		Week 33				
		MON 3/16	TUES 3/17	WED 3/18	THURS 3/19	FRI
BREAKFAST		TEX-MEX MIGUS				
Grain or Meat/Meat Alternate	BERRY SHEET PANCAKES	SC EGG/CORN TORTILLA/CHEESE	OATMEAL WGR	GOLDEN GRAHAM CEREAL	OMELET	
Fruit/Vegetable	APPLESAUCE	ORANGE	DICED APPLES	GRAPES	BANANA	
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	
Extra	SAUSAGE LINK	(ONION,TOM,PEPPER) SALSA	CIN BAGEL WGR	BLUEBERRIES MUFFINS WGR	WHEAT TOAST WGR	
AM SNACK	TOAST WGR	PITA CHIPS WGR	BREAKFAST PIZZA	CHEDDAR CHEESE	BOIL EGG,TOMATO	
Component 1	AVOCADO SPREAD	APPLE SLICED	APPLE JUICE 100%	OVEN FRIES	CLUB CRACKERS	
Component 2						
Extra	LUNCH	THAI CHICKEN NOODLE SOUP	HAM WRAP			
Meat/Meat Alternate	BEEF BURRITO	CHICKEN	HAM/CHEESE	PEPPERONI PIZZA WGR	GROUND BEEF	
Grain	FLOUR TORTILLA	EGG NODLES	FLOUR TORTILLA WGR	(PIZZA CRUST)	ELBOW MACARONI WGR	
Vegetable	PINTO BEANS	(CARROTS,PEPPER,MUSHROOMS)	ROMAINE LETTUCE, TOMATO	BROCCOLI	PEAS/CARROTS	
Fruit or Vegetable	MANDARIN ORANGES	FRESH PEAR	APPLE	PINEAPPLE	PEACHES	
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	
Extra	CORBREAD WGR	(RANCH) BAKED CHIPS	CUP	ENERGY BITES		
PM SNACK	STRAWBERRY CHEX MIX WGR	BERRY YOGURT	GRAHAM CRACKERS	CARROTS,JICAMA	OATS,SUNFLOWER,CRANBERRIES,	
Component 1	CHEESE STICKS	BUNNY GRAHAMS	FRUIT SALAD	CHERRY TOM	CHOCOLATE CHIP	
Component 2						
Extra				RANCH	MILK	

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience

Item (CN label available)

Identification of Mixed Foods
(i.e., fruit salad: apples, peaches, banana)

*SEASONAL FRUIT

**FRUIT COCKTAIL/MIX FRUIT

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.

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

I THA K'0 VES HEMACHKAM HA WI:KM/THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

GRIC HEAD START/CHILD CARE

Name of Center: GRIC HEAD START/CHILD CARE
 Menu for the Week of 3/23/26 to 3/27/26 Week 3

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



	MON 3/23	TUES 3/24	WED 3/25	THURS 3/26	FRI 3/27
BREAKFAST					
Grain or Meat/Meat Alternate	SANDWICH		LOADED BREAKFAST		BREAKFAST PIZZA HM
Fruit/Vegetable	AVOCADO, EGG	PANCAKE STICK	EGG PATTY/CHEESE	LUCKY CHARMS RS	<small>SC EGG/FLOUR TORTILLA WGR</small>
Fluid Milk	APRICOTS	ORANGE	FRUIT COCKTAIL ***	FRESH PEAR	BANANA
Extra	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
AM SNACK			WHEAT BREAD WGR		
Component 1	MINI PRETZELS WGR	PEACHES	SANDWICH		
Component 2	CHEESE SAUCE	VANILLA YOGURT	WHEAT BREAD WGR		
Extra		GRANOLA			
LUNCH					
Meat/Meat Alternate	WRAP	BEEF TACOS	PIZZA BURRITO	CHEESEBURGER TATER TOT	TURKEY CLUB SANDWICH
Grain	CHICKEN STRIPS	GROUND BEEF/CHEESE	CHEESE, PEPPERONI	GROUND BEEF/CHEESE	TURKEY/SWISS CHEESE
Vegetable	FLOUR TORTILLA WGR	CORN TACO SHELL WGR	FLOUR TORTILLA WGR	DINNER ROLL WGR	SLIDER BUN
Fruit or Vegetable	ROM LET, TOM TO	REFRIED BEANS/LETUCE	CUCUMBERS	CORN	LET, TOM, PICKLES
Fluid Milk	GRAPES	*MELON	PINEAPPLE	TATER TOTS	ORANGE
Extra	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
PM SNACK					
Component 1	PIZZA CUP HM	FRUIT WAFFLE NACHOS	CUP		
Component 2	BISCUIT DOUGH	WAFFLES WGR	ANIMAL CRACKERS	CANTALOPE	MACARONI SALAD
Extra	DICED PEPPERONI/CHEESE	DICED STRAWBERRIES, KIWI	APPLESAUCE	CHEESE	ORANGE JUICE 100%
	SAUCE	VANILLA YOGURT		RITZ CRACKERS	

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience Item (CN label available)

Identification of Mixed Foods
(i.e. fruit salad, apples, peaches, banana)

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.

**SEASONAL FRUIT

***FRUIT COCKTAIL/MIX FRUIT

PEACHES, PEARS, GRAPES

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



Menu Statements



GRIC HEAD START/CHILD CARE

Name of Center: GRIC HEAD START/CHILD CARE
 Menu for the Week of 3/30/26 to 4/3/26 Week: 25

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



MON 3/30	TUES 3/31	WED 4/1	THURS 4/2	FRI 4/3
BREAKFAST			EARLY RELEASE	NO SCHOOL
Grain or Meat/Meat Alternate	PANCAKES WGR	SC EGG/CHILI	BISCUITS WGR/GRAVY	SPECIAL K WGR
Fruit/Vegetable	*MIXED BERRIES	REFRIED BEANS	GRILL POTATOES	APRICOTS
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra	HAM	FLOUR TORTILLA WGR	SAUSAGE	BAGEL CREAM/CHEESE
AM SNACK	CUP			
Component 1	GRAPES,CHEESE	OATMEAL CRAN BAR	SUNCHIPS WGR	PEACH YOGURT
Component 2	CRACKERS	APPLESAUCE CUP	ORANGE SLICES	BANANA
Extra				APPLE JUICE 100%
LUNCH				
Meat/Meat Alternate	BAKED HAM STEAK	TURKEY GRAVY	PHILLY SLOPPY JOE	CHICKEN CORN CHOWDER
Grain	WHEAT BREAD WGR	DINNER ROLLS WGR	GROUND BEEF/CHEESE	DICED CHICKEN,CHEESE
Vegetable	SWEET POTATOES	MASH POTATOES	HAMBURGER BUN WGR	SHRED BEEF,MEXICAN CHEESE
Fruit or Vegetable	SL APPLE	PEACHES	CORNBREAD WGR	CORN TORTILLA WGR
Fluid Milk	WHOLE/1%	WHOLE/1%	PEARS	BEANS
Extra			*MELON	GRAPES
PM SNACK				
Component 1	TRAIL MIX WGR	CHEEZ-ITS WGR	BAKED TOSTITOS WGR	CLUB CRACKERS
Component 2	PINEAPPLE CUP	ORANGE JUICE 100%	MANGO SALSA	TURKEY
Extra			CHEESE SQUARES	WHEAT BREAD WGR

Acronyms

WGR: Whole Grain-Rich

HM: Homemade

CN: Processed/Convenience
Item (CN label available)

Identification of Mixed Foods
(i.e., fruit salad: apples, peaches, banana)

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.

***SEASONAL FRUIT**
****FRUIT COCKTAIL/MIX FRUIT**

PEACHES,PEARS,GRAPES

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



Menu Statements

Identification of Mixed Foods

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

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.



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



	MON 4/6	TUES 4/7	WED 4/8	THURS 4/9	FRI 4/10
BREAKFAST					
Grain or Meat/Meat Alternate	BREAKFAST BURRITO	OMELET	PUMPKIN BREAD WGR	BLUEBERRY CHEX MIX WGR	FRENCH TOAST STICKS W
Fruit/Vegetable	*MELON	TATER TOTS	APRICOTS	APPLE	BANANA
Fluid Milk	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
Extra		ENGLISH MUFFIN WGR	STRAWBERRY YOGURT		CANADIAN BACON
AM SNACK		TOAST		ROLL	SANDWICH
Component 1	WHEAT THINS WGR	WHEAT BREAD WGR	CHEERIOS WGR	FLOUR TORTILLA WGR	WHEAT BREAD WGR
Component 2	BLUE BERRIES	SWISS CHEESE	MILK	TURKEY/CHEESE	JAM
Extra					ORANGE JUICE 100%
LUNCH					
Meat/Meat Alternate	CHEESEBURGER	GREEN CHILI ENCHILADA CASS	HAWAIIAN PIZZA	CHILI BEANS	
Grain	BEEF PATTY/CHEESE	DICED CHICKEN/CHEESE	CHEESE PIZZA/HAM	GROUND BEEF	BEAN BURRITO H
Vegetable	HAMBURGER BUN WGR	CORN TORTILLAS WGR	(PIZZA CRUST)WGR	CORNBREAD WGR	SOPA
Fruit or Vegetable	OVEN FRIES/LET/PICKLES	GARDEN SALAD	CUCUMBERS,CELERY STICKS	PINTO BEANS	MEXICAN CORI
Fluid Milk	APPLES	PINEAPPLE	GRAPE	PEACHES	ORANGE
Extra	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%	WHOLE/1%
PM SNACK		CUP		RANCH	
Component 1	TORTILLA CHIPS	PRETZELS,TOM	CHEX MIX WGR	BAGEL	CHEEZ-ITS PK
Component 2	NACHO CUP	CHEESE CUBES,CRACKERS	APPLE JUICE 100%	CREAM CHEESE	FRESH PEARS SI
Extra				1/2 BANANA	

Acronyms
 WGR: Whole Grain-Rich
 HM: Homemade
 CN: Processed/Convenience
 Item (CN label available)

Identification of Mixed Foods
 (i.e., fruit salad: apples, peaches, banana)
 *SEASONAL FRUIT
 ***FRUIT COCKTAIL,MIX FRUIT
 PEACHE,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.
 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