

Arrowhead Head Start Breakfast Menu

Site: _____

Month/Year: _____

Directions: Plan three food components at breakfast.

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Grains or Meat/Meat Alternate*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable/Fruit					
Milk					
Grains or Meat/Meat Alternate*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable/Fruit					
Milk					
Grains or Meat/Meat Alternate*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable/Fruit					
Milk					
Grains or Meat/Meat Alternate*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable/Fruit					
Milk					

*Meat/meat alternate may be served in place of grains up to 3 times per week.

*6 oz skim or 1% milk served at every breakfast.

*If juice is served 1X daily it is 100% Pasteurized Apple, Grape, Orange, Cherry, or Cranberry

*Be sure to note the serving size on the menu.

*Highlight all whole grain rich items