

## 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.

\*Be sure to note BOTH the serving size and grams per serving (grain) or ounce per serving (meat/meat alternative)