

Arrowhead Head Start Menu: 12 Months & Up

Site:

Month/Year:

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast & Lunch					
Toddlers (T) = 1-2 Years Preschool (P) = 3-5 Years	B:	B:	B:	B:	B:
Breakfast: 3 components	L:	L:	L:	L:	L:
1) Milk: 4 fl. oz (T)/ 6 fl. oz (P)					
2) Vegetables/Fruit: ¼ C (T)/ ½ C (P)	B:	B:	B:	B:	B:
3) Grains: ½ oz equivalent (T/P)	L:	L:	L:	L:	L:
*Optional: Protein can be served in place of grains up to 3 x a week.					
Lunch: 5 components	B:	B:	B:	B:	B:
1) Milk: 4 fl. oz (T)/ 6 fl. oz (P)	L:	L:	L:	L:	L:
2) Protein: 1 oz equivalent (T)/ 1 ½ oz equivalent (P)					
3) Vegetable: 1/8 C (T) / ¼ C (P)	B:	B:	B:	B:	B:
4) Fruit: 1/8 C (T)/ ¼ C (P)	L:	L:	L:	L:	L:
4) Grains: ½ oz equivalent (T/P)					
*Optional: Protein can be served in place of grains up to 3 x a week.	B:	B:	B:	B:	B:
<i>WGR = Whole Grain Rich</i>	L:	L:	L:	L:	L:

Food Components	Monday	Tuesday	Wednesday	Thursday	Friday
Snack Toddlers (T) = 1-2 Years Preschool (P) = 3-5 Years Meal patterns for ages 1-2 and 3-5 are the same. Snack: Choose 2 of the 5 components 1) Milk: 4 fl. oz or 2) Protein: ½ oz equivalent or 3) Vegetable: ½ C or 4) Fruit: ½ C or 5) Grains: ½ oz equivalent <i>*Only 1 component can be a beverage.</i>					

<u>Make Every Sip Count</u> • Unflavored whole milk will be served to 1-year-olds, breast milk is encouraged. • Unflavored skim or 1% milk will be served to children 2 years old and older. • Water is offered throughout the day. • Juice will be limited. If juice is served, it will be 100% Pasteurized Apple, Grape, Orange, Cherry, or Cranberry.	<u>Please Note:</u> • Document serving sizes on menu. • Highlight all Whole Grain Rich items.
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Updated 7-2026
 This institution is an equal opportunity provider.