

Institute of Community Service

April 2024 Menu

Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

\*\*MENU SUBJECT TO CHANGE



|   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|---|---|---|---|---|
| <p><b>Week 1:</b><br/>Apr 29<sup>th</sup>- May 3<sup>rd</sup></p> | <p><b>Breakfast</b><br/>WG Pancakes<br/>Pears<br/>1% low fat Milk</p> <p><b>Lunch</b><br/>Baked Ham<br/>Mashed Potatoes<br/>Green Beans<br/>WG Bread<br/>1% low fat Milk</p> <p><b>Snack</b><br/>Graham Cracker<br/>Orange Juice</p>                                  | <p><b>TACO TUESDAY</b></p> <p><b>Breakfast</b><br/>Oatmeal<br/>Blueberries<br/>1% low fat milk</p> <p><b>Lunch</b><br/>Beef Tacos<br/>Mexican corn<br/>Cubed Mango<br/>WG Tortilla Wrap<br/>1% low fat Milk</p> <p><b>Snack</b><br/>Cheez- its<br/>Applesauce</p> | <p><b>Breakfast</b><br/>Rice Krispies<br/>Orange Wedges<br/>1% low fat Milk</p> <p><b>Lunch</b><br/>Turkey Sandwich<br/>Broccoli<br/>Pineapple tidbits<br/>WG Bread<br/>1% low fat Milk</p> <p><b>Snack</b><br/>Yogurt<br/>Crackers</p> | <p><b>Breakfast</b><br/>Cheese Grits<br/>Apricots<br/>1% low fat Milk</p> <p><b>Lunch</b><br/>Oven Fried Chicken<br/>Steamed Cabbage<br/>Peaches<br/>Cornbread<br/>1% Low fat Milk</p> <p><b>Snack</b><br/>Chex Mix<br/>Apple Juice</p>     | <p><b>Breakfast</b><br/>WG Toast<br/>Banana<br/>1% low fat Milk</p> <p><b>Lunch</b><br/>Chicken salad<br/>Peas and Carrots<br/>Mandarin Oranges<br/>WG Crackers<br/>1% low fat milk</p> <p><b>Snack</b><br/>Sliced Cucumber<br/>w/ Dressing<br/>Grape Juice</p> |
| <p><b>Week 2:</b><br/>May 6<sup>th</sup>- May 10<sup>th</sup></p> | <p><b>Meatless Monday</b></p> <p><b>Breakfast</b><br/>Oatmeal<br/>Pineapple Tidbits<br/>1% low fat milk</p> <p><b>Lunch</b><br/>Grilled Cheese<br/>Sandwich<br/>Mixed Vegetables<br/>Pears<br/>1% low fat Milk</p> <p><b>Snack</b><br/>Orange Juice<br/>Cheez-its</p> | <p><b>Breakfast</b><br/>Grits<br/>Mixed Fruit<br/>1% low fat milk</p> <p><b>Lunch</b><br/>Chicken Spaghetti<br/>Peaches<br/>Green Peas<br/>WG Bread<br/>1% low fat Milk</p> <p><b>Snack</b><br/>Chex Mix<br/>Grape Juice</p>                                      | <p><b>Breakfast</b><br/>WG French Toast<br/>Blueberries<br/>1% low fat milk</p> <p><b>Lunch</b><br/>Chef Salad<br/>Diced Ham<br/>Apricots<br/>WG Cracker<br/>1% low fat Milk</p> <p><b>Snack</b><br/>Mangos<br/>Goldfish Cracker</p>    | <p><b>Breakfast</b><br/>WG Cereal<br/>Banana<br/>1% low fat milk</p> <p><b>Lunch</b><br/>Beef Patty w/ Gravy<br/>Brown Rice<br/>Green Beans<br/>Orange Slices<br/>1% low fat Milk</p> <p><b>Snacks</b><br/>Apple Juice<br/>Raisin Bread</p> | <p><b>Breakfast</b><br/>WG Pancakes<br/>Mixed Fruit<br/>1% low fat milk</p> <p><b>Lunch</b><br/>Sloppy Joe<br/>Cole Slaw<br/>Pineapple Tidbits<br/>WW Bun<br/>1% low fat milk</p> <p><b>Snack</b><br/>Graham Cracker<br/>Yogurt</p>                             |

**Head Start**

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
½ cup Vegetables,  
Fruit, Or Both  
½ oz Grains  
½ pt. 1% low fat  
Milk  
Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
1.5 oz. Meat or Alternate  
¼ c. fruit  
¼ c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
½ pt. 1% Fat Free Milk  
Other Foods

**Snack:**  
**Time Served**  
**2:00 pm -2:15 pm**  
(Two of the Five)  
½ oz. Meat or Alternate  
½ cup of Fruit or Fruit  
Juice  
½ c. Vegetable  
½ oz Grains  
Milk or Dairy

**Early Head Start**

**Breakfast:**  
**Time Served**  
**9:00 am- 9:30am**  
¼ cup Vegetables,  
Fruit, Or Both  
½ oz Grains  
½ pt 1% low fat Milk  
Other Food

**Lunch:**  
**Time Served**  
**11:30 am- 12:00 pm**  
1 oz. Meat or Alternate  
1/8 c. fruit  
1/8 c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
½ pt. 1% Fat Free Milk  
Other Foods

**Snack: Time Served**  
**2:00 pm-2:15 pm**  
(Two of the Five)  
½ oz. Meat or  
Alternate  
1/2 c of Fruit or Fruit  
Juice  
1/2 c. Vegetable  
½ oz Grains  
Milk or Dairy

Institute of Community Service

April 2024 Menu



Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

\*\*MENU SUBJECT TO CHANGE



|   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|---|
| <p><b>Week 3:</b><br/>May<br/>13<sup>th</sup>- 17<sup>th</sup></p>   | <p><b><u>Meatless Monday</u></b><br/><b><u>Breakfast</u></b><br/>WG Cereal<br/>Orange Wedges<br/>1% Low Fat Milk<br/><b><u>Lunch</u></b><br/>Broccoli Rice &amp; Cheese<br/>Casserole<br/>WG Bread<br/>Fruit cocktail<br/>1% low fat Milk<br/><b><u>Snack</u></b><br/>Yogurt<br/>Sliced Apples</p> | <p><b><u>TACO TUESDAY</u></b><br/><b><u>Breakfast</u></b><br/>Oatmeal<br/>Blueberries<br/>1% Low Fat Milk<br/><b><u>Lunch</u></b><br/>Chicken Tacos<br/>Mexican corn<br/>Apricots<br/>WG Tortilla<br/>1% low fat milk<br/><b><u>Snack</u></b><br/>Graham Cracker<br/>Orange juice</p> | <p><b><u>Breakfast</u></b><br/>Cheese toast<br/>Diced Pears<br/>1% Low Fat Milk<br/><b><u>Lunch</u></b><br/>Meatloaf<br/>Mashed Potatoes<br/>Green Beans<br/>WG Roll<br/>1% low fat milk<br/><b><u>Snack</u></b><br/>Cheez-its<br/>White Grape Juice</p>                    | <p><b><u>Breakfast</u></b><br/>WG Waffles<br/>Banana<br/>1% Low Fat Milk<br/><b><u>Lunch</u></b><br/>Sliced Ham<br/>Steamed Cabbage<br/>Apple Slices<br/>Cornbread<br/>1% low fat Milk<br/><b><u>Snacks</u></b><br/>Turkey<br/>Wrap</p>                                     | <p><b><u>Breakfast</u></b><br/>Grits<br/>Sliced Kiwi<br/>1% Low Fat Milk<br/><b><u>Lunch</u></b><br/>Chicken tenders<br/>Mixed Vegetables<br/>Peaches<br/>WG Bread<br/>1% low fat Milk<br/><b><u>Snack</u></b><br/>Chex Mix<br/>String cheese</p> |
| <p><b>Week 4:</b><br/>May<br/>20<sup>th</sup>- 24<sup>th</sup></p>  | <p><b><u>Breakfast</u></b><br/>WG cinnamon Toast<br/>applesauce<br/>1% low fat milk<br/><b><u>Lunch</u></b><br/>Diced Chicken<br/>Salad mix<br/>Apricots<br/>WG Crackers<br/>1% low fat milk<br/><b><u>Snack</u></b><br/>Mango<br/>Yogurt</p>  | <p><b><u>Breakfast</u></b><br/>Grits<br/>Sliced Apples<br/>1% low fat milk<br/><b><u>Lunch</u></b><br/>WG Spaghetti w/<br/>Meat Sauce<br/>Green Beans<br/>Diced Pears<br/>1% low fat milk<br/><b><u>Snack</u></b><br/>Melon Slices<br/>Cheez-its</p>                                  | <p><b><u>Breakfast</u></b><br/>WG French Toast<br/>Pineapple tidbits<br/>1% low fat Milk<br/><b><u>Lunch</u></b><br/>BBQ Pork Patty<br/>Collard Greens<br/>Sweet Potatoes<br/>Cornbread<br/>1% low fat milk<br/><b><u>Snack</u></b><br/>Graham Cracker<br/>Orange Juice</p> | <p><b><u>Breakfast</u></b><br/>WG Cereal<br/>Banana<br/>1% low fat Milk<br/><b><u>Lunch</u></b><br/>Beef Patty w/<br/>Gravy<br/>Mandarin Oranges<br/>Mixed vegetables<br/>Brown Rice<br/>1% low fat milk<br/><b><u>Snack</u></b><br/>Gold Fish Crackers<br/>Grape Juice</p> | <p><b><u>Breakfast</u></b><br/>WG Pancakes<br/>Pears<br/>1% low fat Milk<br/><b><u>Lunch</u></b><br/>Baked Ham<br/>Mashed Potatoes<br/>Green Beans<br/>WG Bread<br/>1% low fat Milk<br/><b><u>Snack</u></b><br/>Chex Mix<br/>Apple Juice</p>      |

**Head Start**

**Breakfast:**  
**Time Served**  
9:00 am- 9:30am  
½ cup  
Vegetables, Fruit  
Or Both  
½ oz Grains  
6 fl.oz 1% low  
fat Milk

**Lunch:**  
**Time Served**  
11:30 am- 12:00 pm  
1.5 oz. Meat or Alternate  
¼ c. fruit  
¼ c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
6 fl. 1% or Fat Free Milk  
Other Foods

**Snack:**  
**Time Served**  
2:00 pm -2:15 pm  
(Two of the Five)  
½ oz Meat or Alternate  
½ cup of Fruit or Fruit  
Juice  
½ c. Vegetable  
½ oz Grains  
4 fl. Milk or Dairy

**Early Head Start**

**Breakfast:**  
**Time Served**  
9:00 am- 9:30am  
1/4 cup Vegetables,  
Fruit, Or Both  
½ oz Grains  
½ cup 1% Whole Milk  
Other Food

**Lunch:**  
**Time Served**  
11:30 am- 12:00 pm  
1 oz. Meat or Alternate  
1/8 c. fruit  
1/8 c. vegetables  
(2 diff vegetables or  
1 vegetable and 1 fruit)  
½ oz bread/Grains  
4 fl. oz 1% Whole Milk  
Other Foods

**Snack: Time Served**  
2:00 pm-2:15 pm  
(Two of the Five)  
1/2 oz. Meat or  
Alternate  
1/2 c of Fruit or Fruit  
Juice  
1/2 c. Vegetable  
½ oz Grains  
Whole Milk or Dairy