



Institute of Community Service

March 2025 Menus

Hours of Operation:

Monday – Friday

8:00 a.m. – 3:00 p.m.

****MENU SUBJECT TO CHANGE**

This institute is an equal opportunity provider

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: March 3rd - 7th 2025	<p><u>Breakfast</u> WG Pancakes Peaches 1% low fat Milk</p> <p><u>Lunch</u> Baked Ham Mashed Potatoes Green Beans WG Roll 1% low fat Milk</p> <p><u>Snack</u> Graham Cracker Orange Juice</p>	<p><u>TACO TUESDAY</u></p> <p><u>Breakfast</u> Oatmeal Apricots 1% low fat milk</p> <p><u>Lunch</u> Beef Tacos Mexican Corn Tropical Fruit WG Tortilla Wrap 1% low fat Milk</p> <p><u>Snack</u> Cheez- its Grape Juice</p>	<p><u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk</p> <p><u>Lunch</u> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk</p> <p><u>Snack</u> Yogurt Crackers</p>	<p><u>Breakfast</u> Cheese Grits Sliced Apples 1% low fat Milk</p> <p><u>Lunch</u> Meatloaf Steamed Cabbage Diced Pears Cornbread 1% Low fat Milk</p> <p><u>Snack</u> Strawberry Chex Mix Apple Juice</p>	<p><u>Breakfast</u> WG Toast Banana 1% low fat Milk</p> <p><u>Lunch</u> Chicken Salad Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk</p> <p><u>Snack</u> Raisin Bread String Cheese</p>
Week 2: March 10th – 14th 2025					

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



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	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3: March 17th- 21st 2025	<p><u>Breakfast</u> Oatmeal Pineapples 1% low fat milk</p> <p><u>Lunch</u> Grilled chicken Patty Broccoli w/ Cheese WG Bread Fruit cocktail 1% low fat Milk</p> <p><u>Snack</u> Yogurt Sliced Apples</p>	<p><u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk</p> <p><u>Lunch</u> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk</p> <p><u>Snack</u> Yogurt Goldfish Crackers</p>	<p><u>Breakfast</u> Cheese Toast Diced Pears 1% low fat Milk</p> <p><u>Lunch</u> Taco Soup w/ vegetables Pineapple tidbits WG Crackers 1% low fat Milk</p> <p><u>Snack</u> Cheez-its Orange Juice</p>	<p><u>Breakfast</u> WG Waffles Banana 1% low fat Milk</p> <p><u>Lunch</u> Sliced Ham Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk</p> <p><u>Snack</u> String Cheese Grape Juice</p>	<p><u>Breakfast</u> Grits Peaches 1% low fat Milk</p> <p><u>Lunch</u> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk</p> <p><u>Snack</u> Strawberry Chex Mix Apple Juice</p>
Week 4: March 24th- 28th 2025	<p><u>Meatless Monday</u> WG Cinnamon Chex Applesauce 1% low fat milk</p> <p><u>Lunch</u> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk</p> <p><u>Snack</u> Grape Juice Cheez-its</p>	<p><u>Breakfast</u> WG Biscuit Breakfast Ham Mixed Fruit 1% low fat milk</p> <p><u>Lunch</u> WG Spaghetti w/ Meat Sauce Green Beans Carrots 1% low fat Milk</p> <p><u>Snack</u> Chex Mix Orange Juice</p>	<p><u>Breakfast</u> Pancakes Sliced Peaches 1% low fat milk</p> <p><u>Lunch</u> BBQ Pork Patties Collard Greens Sweet Potatoes Corn Bread 1% low fat Milk</p> <p><u>Snack</u> Mangos Goldfish Cracker</p>	<p><u>Breakfast</u> WG Cheerios Banana 1% low fat milk</p> <p><u>Lunch</u> Baked Chicken Breast w/ Gravy Brown rice Steamed Broccoli Orange Slices 1% low Fat Milk</p> <p><u>Snacks</u> Apple Juice Raisin Bread</p>	<p><u>Breakfast</u> WG Cinnamon Toast Tropical Fruit 1% low fat milk</p> <p><u>Lunch</u> Cheeseburger Baked Fries Apricot WG Bun 1% low fat milk</p> <p><u>Snack</u> Graham Cracker 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

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

Early Head Start

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