



Institute of Community Service

May 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: April 28th- May 2nd	<u>Breakfast</u> WG Pancakes Peaches 1% low fat Milk <u>Lunch</u> Baked Ham Mashed Potatoes Green Beans WG Roll 1% low fat Milk <u>Snack</u> Graham Cracker Orange Juice	<u>TACO TUESDAY</u> <u>Breakfast</u> Oatmeal Apricots 1% low fat milk <u>Lunch</u> Beef Tacos Mexican Corn Tropical Fruit WG Tortilla Wrap 1% low fat Milk <u>Snack</u> Cheez- its Grape Juice	<u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk <u>Lunch</u> Turkey Sandwich Broccoli Pineapple tidbits WG Bread 1% low fat Milk <u>Snack</u> Yogurt Crackers	<u>Breakfast</u> Cheese Grits Sliced Apples 1% low fat Milk <u>Lunch</u> Meatloaf Steamed Cabbage Diced Pears Cornbread 1% Low fat Milk <u>Snack</u> Strawberry Chex Mix Apple Juice	<u>Breakfast</u> WG Toast Banana 1% low fat Milk <u>Lunch</u> Chicken Salad Peas and Carrots Mandarin Oranges WG Crackers 1% low fat milk <u>Snack</u> Raisin Bread String Cheese
	<u>Meatless Monday</u> <u>Breakfast</u> Oatmeal Sliced Pineapples 1% low fat milk <u>Lunch</u> Grilled Cheese Sandwich Vegetable Soup Pears 1% low fat Milk <u>Snack</u> Orange Juice Cheez-its	<u>Breakfast</u> Grits Mixed Fruit 1% low fat milk <u>Lunch</u> Chicken Spaghetti Peaches Green Peas WG Bread 1% low fat Milk <u>Snack</u> Chex Mix Grape Juice	<u>Breakfast</u> WG French Toast Applesauce 1% low fat milk <u>Lunch</u> Chicken Tenders Baked Fries Sliced Pears WG Bread 1% low fat Milk <u>Snack</u> Sliced Strawberries Goldfish Cracker	<u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> Beef Patty w/ Gravy Brown Rice Green Beans Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread	<u>Breakfast</u> WG Cinnamon Toast Tropical Fruit 1% low fat milk <u>Lunch</u> Sloppy Joe Cole Slaw Apricot WG Bun 1% low fat milk <u>Snack</u> Graham Cracker Yogurt

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
 1/4 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: May 12 th - 16 th 2025	<u>Breakfast</u> Oatmeal Pineapples 1% low fat milk <u>Lunch</u> Grilled chicken Patty Broccoli w/ Cheese WG Bread Fruit cocktail 1% low fat Milk <u>Snack</u> Yogurt Sliced Apples	<u>Breakfast</u> Rice Krispies Cereal Orange Wedges 1% low fat Milk <u>Lunch</u> WG Cheese Pizza Corn on Cob Apricots 1% low fat Milk <u>Snack</u> Yogurt Goldfish Crackers	<u>Breakfast</u> Cheese Toast Diced Pears 1% low fat Milk <u>Lunch</u> Taco Soup w/ vegetables Pineapple tidbits WG Crackers 1% low fat Milk <u>Snack</u> Cheez-its Orange Juice	<u>Breakfast</u> WG Waffles Banana 1% low fat Milk <u>Lunch</u> Sliced Ham Steamed Cabbage Tropical Fruit Cornbread 1% Low fat Milk <u>Snack</u> String Cheese Grape Juice	<u>Breakfast</u> Grits Peaches 1% low fat Milk <u>Lunch</u> BBQ Chicken Breast Chunks Green Beans Mashed Potatoes WG Bread 1% low fat milk <u>Snack</u> Strawberry Chex Mix Apple Juice
	<u>Meatless Monday</u> WG Cinnamon Chex Applesauce 1% low fat milk <u>Lunch</u> Mac and Cheese Mixed Vegetables Pears WG Dinner Roll 1% low fat Milk <u>Snack</u> Grape Juice Cheez-its	<u>Breakfast</u> WG Biscuit Breakfast Ham Mixed Fruit 1% low fat milk <u>Lunch</u> WG Spaghetti w/ Meat Sauce Green Beans Carrots 1% low fat Milk <u>Snack</u> Chex Mix Orange Juice	<u>Breakfast</u> Pancakes Sliced Peaches 1% low fat milk <u>Lunch</u> BBQ Pork Patties Collard Greens Sweet Potatoes Corn Bread 1% low fat Milk <u>Snack</u> Blueberries Goldfish Cracker	<u>Breakfast</u> WG Cheerios Banana 1% low fat milk <u>Lunch</u> Baked Chicken Breast w/ Gravy Brown rice Steamed Broccoli Orange Slices 1% low Fat Milk <u>Snacks</u> Apple Juice Raisin Bread	<u>Breakfast</u> WG Cinnamon Toast Tropical Fruit 1% low fat milk <u>Lunch</u> Cheeseburger Baked Fries Apricot WG Bun 1% low fat milk <u>Snack</u> Graham Cracker Yogurt

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