**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: January Year: 2021

**Week 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **1/11/21** | **Tuesday:**  **1/12/21** | **Wednesday: 1/13/21** | **Thursday/Friday: 1/14/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Fresh Grapefruit**  **3.) Granola\* & *Yogurt^***  **Yogurt Parfaits+** | **1.) Milk**  **2.) Orange Juice**  **3.) Whole Wheat Bagel with Low Fat Cream Cheese** | **1.) Milk**  **2.) Canned Peaches in natural juice**  **3.) *Cottage Cheese^*** | **1.) Milk**  **2.) Canned Applesauce**  **3.) Pineapple Carrot Muffins** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Tuna\***  **3.) Peas, onions & celery\***  **Cucumber Slices**  **4.) Pineapple Tidbits**  **5.) Noodles\***    **Tuna Noodle Salad+** | **1.) Milk**  **2.) Parmesan Chicken**  **3.) Corn**  **4.) Apple Slices**  **5.) Whole Wheat Roll** | **1.) Milk**  **2.) Ground Beef\***  **3.) Tomatoes & kidney beans\***  **4.) Orange Slices**  **5.) Corn Bread**  **Chili+** | **1.) Milk**  **2.) Split Peas\* & Ham\***  **3.) Vegetable Salad**  **4.) Apricots**  **5.) Whole Wheat Bread**  **Split Pea Soup+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **N/a** 2. **Roasted Red Pepper Hummus** 3. **100% Grape Juice** 4. **Pita Chips** | 1. **N/a** 2. **Blueberry Yogurt** 3. **n/a** 4. **Vanilla Wafers** | 1. **Milk** 2. **n/a** 3. **Fruit Cocktail** 4. **n/a** | 1. **N/a** 2. **American Cheese Slices** 3. **n/a** 4. **Whole Wheat Pretzels** |

\*=Recipe ingredient; +=Recipe used, ^=Meat Alternative

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Month: January Year: 2021

**Week 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday: 1/18/21** | **Tuesday:**  **1/19/21** | **Wednesday:**  **1/20/21** | **Thursday/Friday: 1/21/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Orange Slices**  **3.) *Tuna, Cheese*\*^, Whole Wheat Bagel\***  **Tuna Melt+** | **1.) Milk**  **2.) Pears**  **3.) Frosted Miniwheats** | **1.) Milk**  **2.) Banana**  **3.) ½ Whole Wheat English muffin\* *Sunflower Butter\*^, Cheese Stick^*** | **1.) Milk**  **2.) Berry Medley Smoothie**  **3.) Cold Cereal (Cheerios)** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Ground Turkey\*, Cheese\*^**  **3.) Pinto beans\*, Tomato, Lettuce**  **4.) Fruit Cocktail**  **5.) Tortilla Chips\***  **Turkey Taco Salad** | **1.) Milk**  **2.) Chicken Nuggets & Ketchup**  **3.) Baked Sweet Potato French Fries**  **4.) Grapes**  **5.) Roll with margarine** | **1.) Milk**  **2.) Low Fat Cheese & Turkey**  **3.) Tomato soup with diced tomato+**  **4.) Cantaloupe**  **5.) Whole Wheat Bread with margarine**  **Grilled Turkey & Cheese Sandwich with Tomato soup+** | **1.) Milk**  **2.) Ground Beef**  **3.) Carrot Sticks**  **4.) Corn, Peas, Mashed potatoes\***  **5.) Whole Wheat roll**  **Shepherd’s Pie+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **n/a** 2. **Hummus/ Tuna** 3. **n/a/ 100% Grape Juice** 4. **Pita Chips** | 1. **Fluid Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** | 1. **n/a** 2. **Part Skim String Cheese** 3. **100% Apple juice** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **Orange Slices** 4. **n/a** |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: January Year: 2021

**Week 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday: 1/25/21** | **Tuesday:**  **1/26/21** | **Wednesday: 1/27/21** | **Thursday/Friday: 1/28/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Grape Fruit slices**  **3.) Cold Cereal (Rice Crispies)** | **1.) Milk**  **2.) Carrot & Celery Sticks**  **3.) Whole Wheat English Muffin, *Hummus^*** | **1.) Milk**  **2.) Fruit Cocktail**  **3.) Hot & Fruity Oatmeal+** | **1.) Milk**  **2.) Watermelon**  **3.) Refried Bean & cheese Breakfast Burrito+** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Ground Beef & low-fat cheese\***  **3.) Tomato, Lettuce, onions, salsa\***  **4.) Fresh Fruit Medley- Cantaloupe, Blueberries, strawberries**  **5.) Fry Bread**  **Build your own Indian Tacos+** | **1.) Milk**  **2.) Chicken\***  **3.) Broccoli**  **4.) Pears**  **5.) Fettuccini Noodles\***  **Fettuccini Alfredo+** | **1.) Milk**  **2.) Ham\***  **3.) Navy Beans, Carrots, celery, onions\***  **4.) Orange slices**  **5.) Whole Wheat Roll**  **Bean soup with Ham+** | **1.) Milk**  **2.) Pepperoni & mozzarella Cheese\***  **3.) Pizza Sauce\*, Cucumber Slices**  **4.) Apple slices**  **5.) Whole Wheat English muffin**  **Pizza+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **Milk** 2. **n/a** 3. **Peaches** 4. **n/a** | 1. **n/a** 2. **Part Skim String Cheese** 3. **Roasted Garbanzo Beans** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Vanilla Wafers** | 1. **Milk** 2. **Sun Butter** 3. **n/a** 4. **Whole Wheat Bread** |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 4**

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| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **2/1/21** | **Tuesday:**  **2/2/21** | **Wednesday: 2/3/21** | **Thursday/Friday: 2/4/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Orange Slices**  **3.) *Canadian Bacon^*** | **1.) Milk**  **2.) Peaches in natural juice**  **3.) Oatmeal Silver Dollars** | **1.) Milk**  **2.) Pineapple**  **3.) Blueberry Muffin** | **1.) Milk**  **2.) Grapefruit**  **3.) *Turkey Sausage Patty^*** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Baked Chicken Drumsticks**  **3.) Carrot Sticks**  **4.) Brussel Sprouts**  **5.) Bread Stuffing** | **1.) Milk**  **2.) Chicken\*, cheese\***  **3.) Refried Beans, Lettuce, Tomato, Salsa\***  **4.) Banana**  **5.) Corn Tostada Shell**  **Build your own Chicken Tostada+** | **1.) Milk**  **2.) Pork\***  **3.) Mixed Vegetables\***  **4.) Tossed Salad with dressing**  **5.) Corn Bread**  **Corn soup+** | **1.) Milk**  **2.) Meat Loaf (Lean Meat)**  **3.) Peas & Carrots**  **4.) Honeydew Melon**  **5.) Whole Grain Macaroni & Cheese** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **Milk** 2. **N/a** 3. **n/a** 4. **Graham Crackers** | 1. **N/a** 2. **Part Skim String Cheese** 3. **n/a** 4. **Whole Wheat Pretzels** | 1. **Milk** 2. **Hummus** 3. **n/a** 4. **Tortilla Chips** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Blueberry Muffins** |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 5**

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| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **2/8/21** | **Tuesday:**  **2/9/21** | **Wednesday: 2/10/21** | **Thursday/Friday: 2/11/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Pineapple canned in natural juice**  **3.) *String Cheese^*** | **1.) Milk**  **2.) Peaches in natural juice**  **3.) 1/2 Whole Wheat Bagel & Sunflower butter^, Blueberry Yogurt^** | **1.) Milk**  **2.) Green Smoothies**  **3.) Cold Cereal (Bran Flakes) with Raisins** | **1.) Milk**  **2.) Applesauce**  **3.) Biscuit\*, Sausage Gravy^**  **Biscuits and Gravy+** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Chicken\***  **3.) Refried Beans\*, Salsa\*, Green pepper\*, Onion\***  **4.) Apricots**  **5.) Flour Tortilla\*, Spanish Rice**  **Build your own chicken Fajitas+** | **1.) Milk**  **2.) Sliced Roast Beef**  **3.) Roasted Potatoes**  **4.) Spinach Salad with Tomatoes and Cucumbers**  **5.) 5 grain blend** | **1.) Milk**  **2.) Ground Beef with Sauce\***  **3.) Baked Sweet Potato French Fries**  **4.) Honey Dew Melon**  **5.) Whole Wheat Hamburger Bun**  **Sloppy Joes+** | **1.) Milk**  **2.) Chicken\***  **3.) Asparagus**  **4.) Oranges**  **5.) White Rice\***  **Sesame Chicken+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **Milk** 2. **Roasted Red Pepper Hummus** 3. **n/a** 4. **Pita Chips** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** | 1. **n/a** 2. **Part skim String Cheese** 3. **100% Grape Juice** 4. **n/a** | 1. **n/a** 2. **Vanilla Yogurt** 3. **Peaches** 4. **n/a** |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 6**

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| --- | --- | --- | --- | --- |
| **Menu**  [This Photo](http://commons.wikimedia.org/wiki/File:Smiley_Face.JPG) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | **Monday:**  **2/15/21** | **Tuesday:**  **2/16/21** | **Wednesday: 2/17/21** | **Thursday/Friday: 2/18/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Grapefruit Slices**  **3.) *Refried Beans & Cheese^*** | **1.) Milk**  **2.) Apple Sauce**  **3.) Blueberry Pancakes** | **1.) Milk**  **2.) Banana Muffins**  **3.) Apricots** | **1.) Milk**  **2.) Apple Juice 100%**  **3.) English Muffin, Scrambled Egg, Cheese\*^**  **Egg & Cheese Breakfast Sandwich** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Hamburger\***  **3.) Spaghetti Squash, Corn\***  **4.) Orange Slices**  **5.) Whole Grain Macaroni noodles\***  **Hamburger Casserole+** | **1.) Milk**  **2.) Turkey & Cheese\***  **3.) Vegetable Salad**  **4.) Grapefruit Slices**  **5.) Whole Wheat Bread\***  **Turkey& Cheese Sandwich+** | **1.) Milk**  **2.) Lemon Pepper Chicken (Baked & Skinless)**  **3.) Broccoli**  **4.) Mashed Potatoes**  **5.) Corn Bread** | **1.) Milk**  **2.) Baked Cod**  **3.) Pulse Mélange**  **4.) Celery & Carrot Sticks with Ranch Dressing**  **5.) Wild Rice Blend\*** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **Milk** 2. **Blueberry Yogurt** 3. **n/a** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** | 1. **n/a** 2. **Cottage cheese** 3. **Peaches** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **Salsa** 4. **Tortilla Chips** |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 7**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **2/22/21** | **Tuesday:**  **2/23/21** | **Wednesday: 2/24/21** | **Thursday/Friday: 2/25/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) 100% Apple juice, Banana\***  **3.) Quinoa**  **Banana Dark Chocolate Quinoa Breakfast+** | **1.) Milk**  **2.) Pineapple in natural juice**  **3.) Pumpkin Muffin** | **1.) Milk**  **2.) Banana**  **3.) *Yogurt^*** | **1.) Milk**  **2.) Peaches in natural juice**  **3.) *Cottage Cheese^*** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Turkey & Pinto Beans\***  **3.) Spinach Salad with Tomatoes**  **4.) Orange Slices**  **5.) Tortilla Shell\***  **Build your own Tortilla Wrap+** | **1.) Milk**  **2.) Pork\***  **3.) Mixed Vegetables\***  **4.) Apricots**  **5.) Fry Bread\***  **Corn Soup+** | **1.) Milk**  **2.) Chopped Chicken\***  **3.) Frozen Peas and Carrots\***  **4.) Cantaloupe**  **5.) Pot Pie noodles\*, Whole Wheat Roll**  **Chicken Pot Pie+** | **1.) Milk**  **2.) Ground Turkey\***  **3.) Roasted Zucchini**  **4.) Grapes**  **5.) Spaghetti Noodles\***  **Spaghetti with meat sauce+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **n/a** 2. **Part Skim String Cheese** 3. **100% Grape Juice** 4. **Pretzels** | 1. **n/a** 2. **Strawberry Yogurt** 3. **n/a** 4. **Vanilla Wafers** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** | 1. **Milk** 2. **Sun Butter** 3. **n/a** 4. **Whole Wheat Bread** |

\*=Recipe ingredient; +=Recipe used, ^=Meat Alternative

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: March Year: 2021

**Week 8**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **3/1/21** | **Tuesday:**  **3/2/21** | **Wednesday: 3/3/21** | **Thursday/Friday: 3/4/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Romaine leaves, cucumber, carrots\***  **3.) *Turkey slices^***  **Turkey lettuce wraps+** | **1.) Milk**  **2.) Applesauce**  **3.) Waffles** | **1.) Milk**  **2.) Orange Slices**  **3.) *String Cheese^*** | **1.) Milk**  **2.) Banana\***  **3.) Corn meal\***  **Cornmeal breakfast with honey and banana+** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Ground Beef\***  **3.) Tomatoes**  **4.) Fresh Fruit Medley-Cantaloupe, Fresh blueberries & Strawberries**  **5.) Whole Grain Macaroni Noodles\*, Garlic Bread**  **Goulash+** | **1.) Milk**  **2.) Ham**  **3.) Green Beans**  **4.) Orange Slices**  **5.) Whole Wheat Bread with Margarine** | **1.) Milk**  **2.) Chicken Nuggets**  **3.) Corn**  **4.) Carrot Sticks**  **5.) Whole wheat roll** | **1.) Milk**  **2.) ground beef patty, Sliced Cheese\***  **3.) Sweet Potato Fries**  **4.) Garden Salad**  **5.) Whole Wheat Hamburger Bun**  **Cheeseburger+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **N/a** 2. **Part skim String cheese** 3. **100% orange juice** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **Diced Peaches** 4. **n/a** | 1. **Milk** 2. **Sun Butter** 3. **Celery** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: March Year: 2021

**Week 9**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **3/8/21** | **Tuesday:**  **3/9/21** | **Wednesday: 3/10/21** | **Thursday/Friday: 3/11/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Applesauce**  **3.) *Turkey Sausage^*** | **1.) Milk**  **2.) Banana**  **3.) Cinnamon Raisin muffin** | **1.) Milk**  **2.) Berry Smoothie**  **3.) *Refried beans, Cheese, ^* whole wheat tortilla chips** | **1.) Milk**  **2.) Canned peaches in natural juice**  **3.) Pancakes** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Grilled Chicken breast\***  **3.) Carrots, Cucumbers, and Celery**  **4.) Orange Slices**  **5.) Whole Wheat Tortilla**  **Build your own grilled chicken wrap+** | **1.) Milk**  **2.) Cheddar Cheese, Tuna\***  **3.) Peas**  **4.) Apple Slices**  **5.) Whole Grain Macaroni Noodles\***  **Tuna Mac & Cheese** | **1.) Milk**  **2.) Meat sauce with ground beef**  **3.) Spinach Salad**  **4.) Apricots**  **5.) Spaghetti noodles\*, Garlic Bread**  **Spaghetti/ Meat Sauce+** | **1.) Milk**  **2.) Sliced Turkey & American Cheese\***  **3.) Broccoli**  **4.) Grape fruit Slices**  **5.) Whole wheat roll**  **Build your own Turkey sub+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **n/a** 2. **Part Skim String Cheese** 3. **n/a** 4. **Whole Wheat Pretzels** | 1. **n/a** 2. **Greek Vanilla Yogurt** 3. **Peaches** 4. **n/a** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** | 1. **Milk** 2. **Roasted Red Pepper Hummus** 3. **n/a** 4. **Pita Chips** |

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Month: March Year: 2021

**Week 10**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday:**  **3/15/21** | **Tuesday:**  **3/16/21** | **Wednesday: 3/17/21** | **Thursday/Friday: 3/18/21** |
| **Breakfast**  **1 serving each**  1.) Fluid Milk  2.) Fruit, Vegetable, or Juice  3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk**  **2.) Applesauce**  **3.) Whole Wheat Toast*, Cinnamon Hummus*** | **1.) Milk**  **2.) Grapefruit Slices**  **3.) Whole Wheat Bagel with cream cheese** | **1.) Milk**  **2.) Cantaloupe**  **3.) *American Cheese Slices^*** | **1.) Milk**  **2.) Apple Sauce**  **3.) Apple Cinnamon Muffin** |
| **Lunch**  **1 serving each**   1. Fluid Milk 2. Meat or Meat Alternate 3. Vegetable 4. Fruit or Vegetable 5. Grain/Bread   Other/Combination foods | **1.) Milk**  **2.) Chicken \***  **3.) Broccoli, Snow Peas, Red Peppers, Cauliflower\***  **4.) Grapes**  **5.) Wild Rice**  **Chicken Teriyaki Stir Fry+** | **1.) Milk**  **2.) Baked Turkey Slices**  **3.) Fresh Cucumber Slices**  **4.) Roasted Sweet potatoes**  **5.) Quinoa** | **1.) Milk**  **2.) Lean Ground Beef, low Fat Cheese\***  **3.) Refried beans, lettuce, tomato & Salsa\***  **4.) Orange Slices**  **5.) Corn Tostada\***  **Build your own beef tostada+** | **1.) Milk**  **2.) Chicken & Sunbutter\***  **3.) Mixed Vegetables\***  **4.) Banana**  **5.) Whole wheat noodles**  **Chicken Noodle Soup+ & Sunbutter Sandwich+** |
| **PM Snack**  **1 serving of each**  **Combination of 2**   1. Fluid Milk 2. Meat or Meat Alternate 3. Fruit, Vegetable, or Juice 4. Grain/Bread | 1. **Milk** 2. **n/a** 3. **Pears** 4. **N/a** | 1. **n/a** 2. **n/a** 3. **100% Grape Juice & Salsa** 4. **Tortilla Chips** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Graham Crackers** | 1. **Milk** 2. **n/a** 3. **n/a** 4. **Apple Cinnamon Muffin** |

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