



Ozark Action, Inc. Head Start Menus

Children who attend Head Start are served a nutritious breakfast and lunch each day. Our menus meet standards set by the Child & Adult Care Food Program, or CACFP. CACFP provides the funding for our food service.


Our meals are served family style. This means the children sit at the table with an adult. Children serve themselves. Good manners and good hygiene are practiced. Quiet conversation is encouraged. Children help with the clean-up.

Since our menus must meet the CACFP standards, we do not make substitutions unless necessary (i.e., we were not able to purchase the food on the menu).


If your child has a food allergy, we will need a written document from the doctor stating what the allergy is and what food(s) are to be substituted in place of the allergen.

Questions about meal service may be referred to your center manager.

The Child and Adult Care Food Program is available to all without regard to race, color, national origin, sex or handicap. Any person who believes that he or she has been discriminated against should write immediately to the Secretary of Agriculture, Washington, D.C. 20250. Revised in 2017



FALL MENU #1		9/4	9/5	9/6	9/7	9/8
REQUIREMENT PER CHILD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snacks are served at the Houston, Licking and West Plains Centers!		ALL	YOGURT SKIM OR 1% MILK	WHEAT CRACKERS SKIM OR 1% MILK	TOAST WG / PEACHES SKIM OR 1% MILK	RAISINS SKIM OR 1% MILK
Vitamin C Source Juice or Fruit ½ cup Bread – Enriched or Whole Grain ½ oz. eq. Cereal or Protein Rich Food ¼ cup Milk ¾ cup		OZARK ACTION, INC. OFFICES AND	ENGLISH MUFFINS / EGGS APPLESAUCE C SKIM MILK/ 1% MILK	TOAST* AND PEANUT BUTTER BANANAS SKIM MILK/ 1% MILK	BISCUIT & GRAVY PINEAPPLE- ORANGE JUICE <u>C</u> SKIM MILK/ 1% MILK	CREAM OF WHEAT BLUBERRIES C SKIM MILK/ 1% MILK
Main Dish – Protein Rich foods: Meat, poultry 1- 1/2 oz. Fish 1-1/2 oz. Cheese 1-1/2 oz. Cooked dry beans 3/8 cup Or peas 3/8 cup. Eggs 1 Peanut Butter ¼ cup Cottage Cheese ¼ cup Vegetable and Fruit each ¼ cup Vitamin A Source or C Source ¼ cup Bread-Enriched or Whole Grain ½ oz. Milk ¾ cup		HEAD START CENTERS ARE CLOSED FOR LABOR DAY! 	B.B.Q PORK <u>I</u> GREEN BEANS PEACHES <u>A</u> *BREAD SKIM MILK/ 1% MILK	BEEF GOULASH <u>I</u> ITALIAN BREAD * SALAD GRAPES C SKIM MILK/ 1% MILK 	CHICKEN ALFREDO <u>I</u> CREAMED SPINACH <u>A</u> PLUMS BREAD* wg SKIM MILK/ 1% MILK	HAM, TURKEY AND CHEESE SANDWICH, I ON W. G. BREAD LETTUCE & TOMATO <u>AC</u> PEARS SKIM MILK/ 1% MILK
Snacks are served at the Houston, Licking and West Plains Centers!			BAGELS * W/ CREAM CHEESE SKIM MILK/ 1% MILK	PEARS SKIM MILK/ 1% MILK	BERRIES AND CRACKERS * SKIM MILK/ 1% MILK	PEACHES SKIM MILK/ 1% MILK

C = Vitamin C Source A = Vitamin A Source I = Iron Source * = Whole Grain Source.

FALL MENU #2		9/11	9/12	9/13	9/14	9/15
REQUIREMENT PER CHILD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	BAGELS W/ CREAM CHEESE SKIM MILK/ 1% MILK	CRACKERS & YOGURT SKIM MILK/ 1% MILK	ORANGES SKIM MILK/ 1% MILK	APPLESAUCE TOAST SKIM MILK/ 1% MILK	APRICOTS SKIM MILK/ 1% MILK
Vitamin C Source Juice or Fruit ½ cup Bread – Enriched or Whole Grain ½ oz. eq. Cereal or Protein Rich Food ¼ cup Milk ¾ cup	B R E A K F A S T	MALT-O-MEAL TOAST* wg PEARS SKIM MILK/ 1% MILK	SAUSAGE/ EGG & CHEESE/ CRESCENT ROLL-UP COOKS CHOICE JUICE <u>A</u> SKIM MILK / 1% MILK	WAFFLES wg BLUEBERRIES <u>C</u> SKIM MILK/ 1% MILK	OATMEAL APPLESAUCE SKIM MILK/ 1% MILK	BISCUITS AND GRAVY MIXED BERRIES <u>C</u> SKIM MILK/ 1% MILK
Main Dish – Protein Rich foods: Meat, poultry 1-1/2 oz. Fish 1-1/2 oz. Cheese 1-1/2 oz. Cooked dry beans 3/8 cup Or peas 3/8 cup. Eggs 1 Peanut Butter ¼ cup Cottage Cheese ¼ cup Vegetable and Fruit each ¼ cup Vitamin A Source or C Source ¼ cup Bread-Enriched or Whole Grain ½ oz. Milk ¾ cup	L U N C H	CHEESE RAVIOLI W/ GROUND BEEF MEAT SAUCE SALAD W/ LETTUCE & TOMATO <u>A</u> ORANGES <u>C</u> SKIM MILK/ 1% MILK	HAM *SANDWICH wg VEGETABLE BEEF SOUP CUCUMBERS <u>C</u> WITH DIP PINEAPPLE & KIWI <u>C</u> SKIM MILK/ 1% MILK	CHILI w/ GROUND BEEF <u>I</u> CHEESE STICKS CELERY <u>A</u> GRAPES CRACKERS wg SKIM MILK/ 1% MILK	CHICKEN & NOODLES <u>I</u> GREEN BEANS STRAWBERRIES <u>C</u> WHOLE WHEAT BREAD* SKIM MILK/ 1% MILK 	SLOPPY JOES w/ GROUND BEEF W/ BUN* wg CORN PEACHES <u>A</u> SKIM MILK/ 1% MILK
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	CHEESE POPCORN APPLES SKIM MILK/ 1% MILK	COTTAGE CHEESE PINEAPPLE SKIM MILK/ 1% MILK	CARROTS / DIP SKIM MILK/ 1% MILK	HI-HO CRACKERS PEANUT BUTTER SKIM MILK/ 1% MILK	BANANAS SKIM MILK/ 1% MILK

FALL #3		9/18	9/19	9/20	9/21	9/22
REQUIREMENT PER CHILD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	*TOAST AND PEARS SKIM MILK/ 1% MILK	BAGELS SKIM MILK/ 1% MILK	COTTAGE CHEESE & PEACHES SKIM MILK/ 1% MILK	RAISIN BREAD SKIM MILK/ 1% MILK	APPLE SAUCE SKIM MILK/ 1% MILK
Vitamin C Source Juice or Fruit ½ cup Bread – Enriched or Whole Grain ½ oz. eq. Cereal or Protein Rich Food ¼ cup Milk ¾ cup	B R E A K F A S T	CINNAMON OATMEAL APPLESAUCE <u>A</u> SKIM MILK/ 1% MILK	BAKED FRENCH TOAST wgSTICKS * STRAWBERRIES <u>C</u> SKIM MILK/ 1% MILK	ENGLISH MUFFIN * / EGGS / CANADIAN BACON APRICOTS SKIM MILK/ 1% MILK	BISCUITS & GRAVY ORANGE JUICE <u>C</u> SKIM MILK/ 1% MILK	*TOAST W /PEANUT BUTTERwg GRAPES <u>C</u> SKIM MILK/ 1% MILK
Main Dish – Protein Rich foods: Meat, poultry 1-1/2 oz. Fish 1-1/2 oz. Cheese 1-1/2 oz. Cooked dry beans 3/8 cup Or peas 3/8 cup. Eggs 1 Peanut Butter ¼ cup Cottage Cheese ¼ cup Vegetable and Fruit each ¼ cup Vitamin A Source or C Source ¼ cup Bread-Enriched or Whole Grain ½ oz. Milk ¾ cup	L U N C H	HOT DOG <u>I</u> ON A BUN * wg MACARONI & CHEESE BROCCOLI <u>A</u> WITH DIP WATERMELON <u>C</u> SKIM MILK/ 1% MILK	SPAGHETTI w/MEAT SAUCE <u>I</u> SPINACH SALAD <u>A & C</u> APPLES *GARLIC BREAD * wg SKIM MILK/ 1% MILK	HAM & BEANS <u>I</u> CORNBREAD CELERY ORANGES <u>C</u> SKIM MILK/ 1% MILK	BAKED FISH FILLET <u>I</u> PEAS <u>A</u> GRAPES HUSH PUPPIES* SKIM MILK/ 1% MILK	SWEET & SOUR / OR CASHEW CHICKEN BROWN RICE GREEN BEANS PINEAPPLE <u>C</u> SKIM MILK/ 1% MILK
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	APPLE WEDGES SKIM MILK/ 1% MILK	BANANAS SKIM MILK/ 1% MILK	CARROTS & DIP SKIM MILK/ 1% MILK	BAGLES * / CREAMCHEESE SKIM MILK/ 1% MILK	CHEESE/CRACKERS * SKIM MILK/ 1% MILK

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FALL #4		9/25	9/26	9/27	9/28	9/29
REQUIREMENT PER CHILD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	*TOAST WG & PEANUTBUTTER SKIM MILK/ 1% MILK	APPLESAUCE SKIM MILK/ 1% MILK	BANANAS SKIM MILK/ 1% MILK	PEACHES SKIM MILK/ 1% MILK	WHEAT CRACKERS SKIM MILK/ 1% MILK
Vitamin C Source Juice or Fruit ½ cup Bread – Enriched or Whole Grain ½ oz. eq. Cereal or Protein Rich Food ¼ cup Milk ¾ cup	B R E A K F A S T	EGGS / TOAST* wg PINEAPPLE C & A SKIM MILK/ 1% MILK	CEREAL * BANANAS C SKIM MILK/ 1% MILK	TOAST WG WITH PEANTBUTTER GRAPES C SKIM MILK/ 1% MILK	BANANA MUFFIN PEARS SKIM MILK/ 1% MILK	PEACHS & YOGURT TOAST * SKIM MILK/ 1% MILK
Main Dish – Protein Rich foods: Meat, poultry 1-1/2 oz. Fish 1-1/2 oz. Cheese 1-1/2 oz. Cooked dry beans 3/8 cup Or peas 3/8 cup. Eggs 1 Peanut Butter ¼ cup Cottage Cheese ¼ cup Vegetable and Fruit each ¼ cup Vitamin A Source or C Source ¼ cup Bread-Enriched or Whole Grain ½ oz. Milk ¾ cup	L U N C H	TURKEY & CHEESE SANDWICH I ON WHOLE GRAIN BREAD TOMATO SOUP BROCCOLI C CANTALOUPE A SKIM MILK/ 1% MILK	CHICKEN TORTELLINI SOUP I CHEESE STICKS CRACKERS * MANDARIN ORANGES C SKIM MILK/ 1% MILK 	PORK ROAST I POTATOE WEDGES LENTIL APPLE WEDGE A BREAD * SKIM MILK/ 1% MILK	MEXICAN CASSEROLE W// GROUND BEEF & CHEESE I WITH TORTILLAS LETTUCE & TOMATO AC FRUIT COCTAIL C ROLLS * SKIM MILK/ 1% MILK	LASAGNA W/ MEAT SAUCE I CREAMED CORN SALAD PLUMS C SKIM MILK/ 1% MILK
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	HI – HO CRACKERS & PEANUTBUTTER SKIM MILK/ 1% MILK	BERRIES SKIM MILK/ 1% MILK	ORANGE SKIM MILK/ 1% MILK	BREADSTICKS & GRAPES SKIM MILK/ 1% MILK	CHEESE & CRACKERS SKIM MILK/ 1% MILK
FALL #1		10/2	10/3	10/4	10/5	10/6
REQUIREMENT PER CHILD		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	MIXED FRUIT SKIM MILK/ 1% MILK	YOGURT SKIM MILK/ 1% MILK	WHEAT CRACKERS SKIM MILK/ 1% MILK	TOAST * / PEACHES SKIM MILK/ 1% MILK/ 1% MILK	RAISINS SKIM MILK/ 1% MILK/ 1% MILK
Vitamin C Source Juice or Fruit ½ cup Bread – Enriched or Whole Grain ½ oz. eq. Cereal or Protein Rich Food ¼ cup Milk ¾ cup	B R E A K F A S T	WAFFLES STRAWBERRIE C SKIM MILK/ 1% MILK	ENGLISH MUFFINS * / EGGS APPLESauce A & C SKIM MILK/ 1% MILK	TOAST wg AND PEANUT BUTTER BANANAS SKIM MILK/ 1% MILK	BISCUIT & GRAVY PINEAPPLE-ORANGE JUICE C SKIM MILK/ 1% MILK	CREAM OF WHEAT APPLESauce SKIM MILK/ 1% MILK
Main Dish – Protein Rich foods: Meat, poultry 1-1/2 oz. Fish 1-1/2 oz. Cheese 1-1/2 oz. Cooked dry beans 3/8 cup Or peas 3/8 cup. Eggs 1 Peanut Butter ¼ cup Cottage Cheese ¼ cup Vegetable and Fruit each ¼ cup Vitamin A Source or C Source ¼ cup Bread-Enriched or Whole Grain ½ oz. Milk ¾ cup	L U N C H	BAKED HAM SCOLLOPED PATOTOES TOFU AND VEGETABLE SALAD KIWI A & C COOK'S CHOICE *BREAD SKIM MILK/ 1% MILK	B.B.Q PORK I GREEN BEANS PEACHES A *BREAD* wg SKIM MILK/ 1% MILK	BEEF GOULASH I ITALIAN BREAD SALAD GRAPES C SKIM MILK/ 1% MILK/ 	CHICKEN ALFREDO I CREAMED SPINACH A PLUMS BREAD* wg SKIM MILK/ 1% MILK	HAM, TURKEY, CHEESE SANDWICH* I ON WHOLE GRAIN BREAD * LETTUCE & TOMATO AC PEARS SKIM MILK/ 1% MILK
Snacks are served at the Houston, Licking and West Plains Centers!	S N A C K	BREAD W/ PEANUT BUTTER SKIM MILK/ 1% MILK	BAGELS W/ CREAM CHEESE SKIM MILK/ 1% MILK	PEARS SKIM MILK/ 1% MILK/ 1% MILK	BERRIES SKIM MILK/ 1% MILK	PEACHES SKIM MILK/ 1% MILK

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