

## Virtual Food Box Menu

Matrix Head Start

Meal Type	Meal Component	Month/Year: November 16- 20, 2020				
		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Fluid Milk <sup>1</sup>	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit <sup>2</sup>	Banana	Hash Brown Patties (1)	Banana	Diced Peaches	Mixed fruit cup
	Grains <sup>3</sup>	Assorted cold cereal	Mini Maple Pancakes	Assorted cold cereal	Grits	Assorted cold cereal
	Meat/Alternate (Optional substitute for grains ≤3 /week)		Turkey Sausage (2)			
LUNCH/SUPPER	Fluid Milk <sup>1</sup>	Milk	Milk	Milk	Milk	Milk
	Vegetable <sup>2</sup>	Baby Carrots	Spring Vegetable Mix	Baby Carrots	Hash Brown Patties (1)	Tomato Soup
	Vegetable/Fruit <sup>2</sup>	Golden Delicious Apple	Mixed Fruit Cup	Golden Delicious Apple	Mixed Fruit Cup	Golden Delicious Apple
	Meat/Alternate	Sliced Turkey Breast/ Swiss cheese	WG Cheese Pizza	Sliced Turkey Breast/ Sliced Swiss Cheese	Turkey Sausage Patties (2)	WG Grilled Cheese
	Grains <sup>3</sup>	WW Bread	WG Cheese Pizza	WW Bread	Mini Maple Pancakes	WG Grilled Cheese
SNACK- CHOOSE 2	Fluid Milk <sup>1</sup>					
	Vegetable <sup>2</sup>					
	Fruit <sup>2</sup>	Mixed Fruit Cup	Banana	Mixed Fruit Cup	Banana	Diced Peaches
	Meat/Alternate		LF Vanilla Yogurt		LF Vanilla Yogurt	
	Grains <sup>3</sup>	Ritz Crackers		Cheeze Itz		Baby Carrots

<sup>1</sup>**Fluid Milk:** 1 year old: Unflavored whole milk; 2-5 years old: unflavored fat-free (skim) or unflavored low-fat (1%) milk; 6 years and older: unflavored fat-free (skim) or low-fat (1%) milk; flavored fat-free (skim) or low-fat (1%) milk. **Breastmilk** may substitute for cow's milk at any age. **Non-dairy beverages** may be served with appropriate documentation. <sup>2</sup>**Juice**, if served, is pasteurized full-strength (100%) juice. <sup>3</sup> **WG, WW, and WGR** indicate whole grain-rich foods.

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