

**ZAASIJIWAN HEAD START & EARLY HEAD START
0-5 PROGRAM
Weekly Menu Cycle
Week One - Bezhig**

Day of	Week One		
Week	Breakfast	Lunch	Snack
Monday			
	WHOLE WHEAT FRENCH TOAST W/APPLESAUCE	BROILED SEASONED FISH	SLICED APPLE
	TURKEY SAUSAGE LINKS	SALAD GREENS	STRING CHEESE
	NO SUGAR APPLESAUCE	TOMATOES, CARROTS, CUCUMBERS	MAKE YOUR OWN MAPLE SUGAR MILK FIZZ
	MILK	APPLES	
		MILK	
Tuesday			
	CHEERIOS	VENISION STEW WITH VEGETABLES	VEGGIES
	BANANA	CORN MUFFINS	WHOLE WHEAT CRACKER
		FRESH BLUEBERRIES	LO-CAL DIP
	MILK	MILK	WATER
Wednesday			
	WHOLE GRAIN WAFFLES	CHICKEN WILD RICE SOUP (LOW SODIUM)	ZUCCHINI BREAD
	TURKEY SAUSAGE LINKS	WITH VEGETABLES	MAPLE SUGAR SPREAD
	RASPBERRY RELISH	MULTI-GRAIN CRACKERS	WATER
	MILK	BLACKBERRIES	
		MILK	
Thursday			
	OLD FASHION OATMEAL/W CINNAMON	TURKEY CORN CASSEROLE	MAKE YOUR OWN BERRY DESSERT BAKED CINNAMON PITA CHIPS
	STRAWBERRIES	GREEN BEANS	
	MILK	LO-CAL CRANBERRY WHIP	MIXED BERRIES
		MULTI GRAIN BREAD	GRANOLA
		MILK	LO-CARB YOGURT
			WATER

ZAASIJWAN HEAD START
6-Week Menu Cycle
Week Two - Niizh

Day of	WEEK TWO		
Week	Breakfast	Lunch	Snack
Monday			
	BOILED EGGS	TATER TOT CHICKEN CASSEROLE (LOW SODIUM/LOW FAT)	MAKE YOUR OWN
	HASHBROWN	MIXED VEGGIES	ANTS ON A LOG WITH CELERY STICKS
	MULTI GRAIN TOAST	STRAWBERRIES	CRAISINS
	100% ORANGE JUICE/COLD	MULTI GRAIN BREAD	CREAM CHEESE
	MILK	MILK	WATER
Tuesday			
	CINNAMON MALT O MEAL	TURKEY SLOPPY JOE / WHOLE WHEAT BUN	APPLE
	CRAISINS	BAKED BEANS (LOW SUGAR)	SOY NUT BUTTER
	MILK	MAPLE SUGAR PUDDING	WHOLE WHEAT CRACKER
		MILK	WATER
Wednesday			
	KIX	GRILLED HAM / CHEESE WHOLE WHEAT SANDWICH	MAKE YOUR OWN
	BANANA	CELERY / CREAM CHEESE	BERRY DESSERT BAKED PITA CHIPS
	MILK	FRESH BLUEBERRIES	STRAWBERRIES
		MILK	COCONUT
		(EHS-CARROTS COOKED)	YOGURT
			WATER
Thursday			
	OLD FASHION OATMEAL/W RAISINS	HOMINY / PORK SOUP (LOW SODIUM)	APPLE BERRY CRUMBLE(LOW SUGAR)
	CRAISINS	MIXED VEGETABLES	LO-CAL WHIP CREAM
	MILK	SLICED ORANGES	WATER
		MULTIGRAIN BREAD	
		MILK	

ZAASIJIWAN HEAD START
6-Week Menu Cycle
Week Three - Niswi

Day of	WEEK THREE		
Week	Breakfast	Lunch	Snack
Monday			
	CREAM OF WHEAT	GROUND TURKEY BURGER / WHOLE GRAIN BUN	WHOLE WHEAT CRACKERS
	MAPLE SUGAR	BAKED FRIES	COTTAGE CHEESE WITH RANCH SEASONING (LOW FAT)
	BANANA	CORN ON COB	CRAISINS
	MILK	BLACKBERRIES	WATER
		MILK	
Tuesday			
	LIFE CEREAL	CHICKEN WILD RICE SOUP (LOW SODIUM) WITH MIXED VEGETABLES	MAKE YOUR OWN
	BANANAS	RHUBARB AND STRAWBERRY SPREAD	HARD BOILED EGG MICE WITH CHIVE TAILS, RADISH EARS, AND OLIVE EYES.
		CORNBREAD	WEDGE OF CHEESE
	MILK	MILK	
			WATER
Wednesday			
	CHEESE OMELET	SLICED TURKEY WITH GRAVY	FRESH VEGETABLES
	WHOLE WHEAT BREAD	MASHED POTATOES	LO-CAL DIP
	RASPBERRY RELISH (LO-SUGAR)	GREEN BEANS	WATER
	MILK	CRANBERRY RELISH	
		MILK	
Thursday			
	WHOLE WHEAT PANCAKES	HOMINY CASSEROLE WITH VEGETABLES	OLD FASHIONED FRUIT CRUMBLE W/ LOW SUGAR AND HIGH FIBER
	STRAWBERRIES	MULTI-GRAIN BREAD	LO-CAL WHIP CREAM
	MILK	APPLE SLICES	WATER
		MILK	

ZAASIJIWAN HEAD START
6-Week Menu Cycle
Week Four - Niiwin

Day of	WEEK FOUR		
Week	Breakfast	Lunch	Snack
Monday			
	BOILED EGGS	CHICKEN WILD RICE CASSEROLE (LOW SODIUM) WITH GREEN BEANS	WHOLE WHEAT MINI-BAGELS
	HASHBROWN	MULTI GRAIN BREAD	LO-FAT STRAWBERRY CREAM CHEESE
	MULTI GRAIN TOAST	BLUEBERRIES	WATER
	100% ORANGE JUICE/COLD	MILK	
	MILK		
Tuesday			
	OLD FASHIONED OATMEAL	TURKEY CHILI W / SHREDDED CHEDDAR CHEESE (LOW SODIUM)	FRESH VEGETABLES
	RASPBERRIES	CELERY / CARROT STICKS (EHS GREEN BEANS)	LO-CAL DIP
	MILK	CRANBERRY CORNBREAD	WATER
		MILK	
Wednesday			
	WHOLE WHEAT BAGEL	MAKE YOUR OWN SANDWICH W/WHOLE WHEAT BREAD	EASY APPLE SAUCE WHOLE WHEAT MUFFINS
	CREAM CHEESE	VEGGIE TRAY	WATER
	STRAWBERRIES	FRESH FRUIT TRAY	
	MILK	MILK	
		(EHS GREEN BEANS)	
Thursday			
	KIX	LITTLE PORCUPINES WITH WILD RICE	MAKE YOUR OWN
	BANANA	GREEN BEANS	GOBBLING GRANOLA
	MILK	APPLES	CRANBERRYIES
		MILK	WATER
		(EHS PEAS)	

ZAASIJIWAN HEAD START
6-Week Menu Cycle
Week Five - Naanan

Day of	WEEK FIVE		
Week	Breakfast	Lunch	Snack
Monday			
	OMELETS (LOW SODIUM)	BROILED SEASONED FISH	VEGETABLES
	WHOLE GRAIN TOAST	WILD RICE	LO-CAL DIP
	BLACKBERRIES	ZUCCHINI	WATER
	MILK	STRAWBERRY(LO-CAL) SHORTCAKE	
		MILK	
Tuesday			
	HIGH FIBER MUFFINS	SEASONED CHICKEN BREAST	MAKE YOUR OWN
	RASPBERRY RELISH	MIXED GREENS SALAD WITH SHREDDED CHEESE	BUGS IN A BOAT WITH GOLDEN DELICIOUS APPLES
	MILK	TOMATOES, ONIONS, GREEN PEPPERS	SOY NUT BUTTER
		STRAWBERRIES	CHEESE SLICES
		MILK	WATER
Wednesday			
	SCRAMBLED EGGS/CHEESE	CENTERCUT PORK CHOPS W/MUSHROOM SOUP (LOW SODIUM)	PEACHES
	MIXED BERRIES	WHOLE KERNEL CORN	COTTAGE CHEESE
	WHOLE GRAIN BREAD	WHOLE GRAIN BREAD	WATER
		CRANBERRY RELISH	
	MILK	MILK	
Thursday			
	RAISIN BRAN	VENISON STROGANOFF W/WHOLE WHEAT NOODLES (LOW SODIUM)	MAKE YOUR OWN
	BANANA	MIXED VEGETABLES	BERRY DESSERT BAKED CINNAMON PITA CHIPS
	MILK	STAWBERRIES	LO-CARB YOGURT
		MILK	RASPBERRIES
			WATER

ZAASIJIWAN HEAD START
6-Week Menu Cycle
Week Six - Ningodaaswi

Day of	WEEK SIX		
Week	Breakfast	Lunch	Snack
Monday			
	WHOLE WHEAT PANCAKES	SUCCATASH (ZUCCHINI/TOMATOES)	MAPLE SUGAR BLUEBERRY/PEACH COBBLER (LO-FAT)
	NO SUGAR APPLE SAUCE	LIMA BEANS	LO-CAL WHIP CREAM
	MILK	BROWN RICE	WATER
		CRANBERRY CORN BREAD	
		MILK	
Tuesday			
	BOILED EGGS	BROILED SEASONED FISH	MAKE YOUR OWN
	WHOLE GRAIN TOAST	WILD RICE	FRUIT KABOBS
	TURKEY SAUSAGE	CORN	GRAPES
	MILK	MULTI-GRAIN BREAD	BANANNAS
		BLACKBERRIES	STRAWBERRIES
		MILK	BLACKBERRIES
			CRAISINS
Wednesday			
	KIX	TURKEY	
	BANANAS	MASHED POTATOES	SOY BUTTER
	MILK	WILD RICE WHOLE GRAIN STUFFING	LO-SUGAR BLACKBERRY JELLY
		PUMPKIN PIE (LOW SUGAR)	MULTI-GRAIN BREAD
		CRANBERRY RELISH (LOW SUGAR)	WATER
		MILK	
Thursday			
	OLD FASHION CINNAMON OATMEAL	TURKEY SLOPPY JOES	MAKE YOUR OWN
	BLUEBERRIES	WHOLE WHEAT BUN	ANTS ON A LOG WITH CELERY
	MILK	BAKES SWEET POTATO FRIES	CREAM CHEESE
		FRESH VEGGIES	WHOLE WHEAT CRACKER
		VEGGIE DIP	CRAISINS

		MILK	WATER
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