

## Lorain County Head Start Menus - January 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4	5
	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL	WINTER BREAK NO SCHOOL
B'fast	8	9	10	11	12
	Rice Chex Pineapple Tidbits	Turkey Ham on WG Croissant Fresh Orange	WG Bagel & Cream Cheese Applesauce	Rice Krispies Fresh Pear	Yogurt & Berry Parfait w/ WG Granola
Lunch	Roast Pork Red Beans & WG Rice Fuji Apple	Bean and Cheese WG Tortilla Lettuce & Salsa Fresh Pear	Sloppy Joe on WG Bun California Vegetables Mandarin Orange	Braised Chicken Thigh WG Cornbread Homemade Greens Cantaloupe	WG Macaroni and Cheese Broccoli Diced Peaches
Snack	Hard Boiled Egg & Dijon Mayo WG Roll	Baby Carrots w/ Ranch Pretzel Sticks	Turkey & Cheese WG Roll-up	WG Crackers Cheese Stick	Hummus & WG Tortilla Chips Banana
	15	16	17	18	19
B'fast		WG Banana Bread Fresh Orange	Hard Boiled Egg & WG Roll Applesauce	Corn Flakes Fresh Pear	Yogurt & Berry Parfait w/ WG Granola
Lunch	MLK DAY NO SCHOOL	Chicken Gyros w/ WG Pita Bread Lettuce & Tomato Tzatziki-Yogurt Sauce Apricots	WG Cheese Pizza Tossed Salad w/ Ranch Tropical Fruit Salad	Grilled Chicken Bites & Cheese Cubes WG Pasta Salad w/ Veggies Mandarin Orange	WG Spaghetti & Meatballs Peas Red Delicious Apple
Snack		Mini WG Cornbread Loaf Milk	Cantaloupe WG Goldfish Crackers	WG Tortilla Chips Confetti Salsa	Graham Crackers Banana
	22	23	24	25	26
B'fast	Rice Chex Pineapple Tidbits	Turkey Ham on WG Croissant Fresh Orange	WG Bagel & Cream Cheese Applesauce	Rice Krispies Fresh Pear	Yogurt & Berry Parfait w/ WG Granola
Lunch	Cheeseburger on WG Bun Sweet Potato Fries Fuji Apple	Shredded Chicken WG Tortilla Lettuce & Salsa Fresh Pear	Mexican Black Beans & Cheese WG Spanish Rice Corn on the Cob Diced Peaches	WG Beefy Mac Tossed Salad w/ Ranch Cantaloupe	Roasted Turkey w/ Gravy Mashed Potato Fresh Fruit Salad WG Dinner Roll
Snack	Hard Boiled Egg w/ Dijon Mayo WG Roll	Baby Carrots w/ Ranch Pretzel Sticks	Turkey & Cheese WG Roll-up	WG Crackers Cheese Stick	Hummus & WG Tortilla Chips Banana
	29	30	31		
B'fast	WG Cheerios Cereal Pineapple Tidbits	WG Banana Bread Fresh Orange	Hard Boiled Egg & WG Roll Applesauce		
Lunch	Friendship Pocket (Build a WG Pita Bar w/ Turkey, Lettuce, Tomato, Cheese) Diced Pear	Beef & Bean WG Hard Taco Lettuce & Salsa Apricots	Orange Chicken Stir Fry WG Brown Rice Green Beans & Carrots Tropical Fruit Cup		
Snack	Golden Delicious Apple Cheese Cubes	Mini WG Cornbread Loaf Milk	Cantaloupe WG Goldfish Crackers		

*Milk is served daily at breakfast and lunch. Children < 2 years old are served whole milk. When a specific food allergy is identified, appropriate food substitutions will be provided. Menu items are subject to change due to food availability or unplanned school closings. WG = whole grain*

MEAL	FOOD COMPONENTS	AGE 1-2	AGE 3-5	
Breakfast (Portions and servings)	Fluid Milk	½ C	¾ C	
	Fruit or Vegetable	¼ C	½ C	
	Breads; Cold Cereal; Granola	1/2 serving; 1/2 C; 1/8 C	1/2 serving; 1/2 C; 1/8 c	
Snack (portions and servings, must select two different components)	Fluid Milk	½ C	1/2 C	
	Vegetable	½ C	½ C	
	Fruit	½ C	½ C	
	Meat or Cheese or Cooked/Dry Beans/Peas or Peanut Butter, Nut/Seed Butters	½ oz 1/8 C 1T	½ oz 1/8 C 1T	
	Nut and/or Seeds or Yogurt	½ oz ¼ C	½ oz ¼ C	
	Breads/Grains; Pasta;	½ serving; ¼ C	½ serving; ¼ C	
Lunch (Portions and servings)	Fluid Milk	½ C	¾ C	
	Meat or Cheese or Cooked/Dry Beans/Peas or Peanut Butter, Nut/Seed Butters or Nut and/or Seeds or Yogurt	1 oz ¼ C 2T 1/2 oz ½ C	1 ½ oz 3/8 C 3T ¾ oz ¾ C	
	Vegetables and Fruits (1 each)	1/8 c each	1/4 c each	
	Grain/Bread, Rice or Pasta	½ serving, 1/4 c	½ serving, 1/4 c	



This institution is an equal opportunity provider.

Menus Reviewed & Approved by M. Robison, MPH, RD, LD 8/2017