

## Lorain County Head Start Menus - February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
B'fast	<b>Head Start menus are one ingredient in the recipe for good health that all children need to grow and prosper. Providing healthy food and teaching children healthy eating habits at a young age prepares them to make the positive choices that lead to a healthy lifestyle.</b>			1	2
Lunch				Corn Flakes Fresh Pear	Yogurt & Berry Parfait w/ WG Granola
Snack				WG Lasagna Roll Up w/ Marinara Sauce Tossed Salad w/ Ranch Fresh Tangerine	BBQ Pulled Chicken Sandwich on WG Bun California Veggies Red Delicious Apple
B'fast	5	6	7	8	9
Lunch	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
Snack	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
B'fast	12	13	14	15	16
Lunch	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
Snack	WG Cheerios Cereal Pineapple Tidbits	WG Banana Bread Fresh Orange	Hard Boiled Egg & WG Roll Applesauce	Corn Flakes Fresh Pear	Yogurt & Berry Parfait w/ WG Granola
B'fast	19	20	21	22	23
Lunch	President's 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	Golden Delicious Apple Cheese Cubes	Mini WG Cornbread Loaf Milk	Cantaloupe WG Goldfish Crackers	WG Tortilla Chips Confetti Salsa	Graham Cracker Banana
B'fast	26	27	28		
Lunch	WG Cheerios Cereal Pineapple Tidbits	WG Banana Bread Fresh Orange	Hard Boiled Egg & WG Roll Applesauce		
Snack	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		
B'fast	26	27	28		
Lunch	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	½ oz 1/8 C
	Nut and/or Seeds or Yogurt	1T ½ oz ¼ C	1T 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 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 1/2018