

Lorain County Head Start Menus - February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
B'fast	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.			1	2
Lunch				8	9
Snack				5	6
B'fast	5	6	7	8	9
Lunch	12	13	14	15	16
Snack	19	20	21	22	23
B'fast	26	27	28		
Lunch					
Snack					

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