***LCCAA – EHS & Head Start Menu***

**December 2023**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **B** |  |  |  |  | **Yogurt, Strawberry 1**  **& Granola Parfait** |
| **L** |  |  |  |  | **WG Ravioli Steamed Green Beans**  **Diced Pears** |
| **S** |  |  |  |  | **WG Tortilla Chips**  **Salsa** |
| **B** | **4** | **WG Blueberry Waffle 5**  **Apple Slices** | **Purple Daze Smoothie 6**  **WG Bunny Grahams** | **WG Banana Muffin 7**  **Diced Peaches** | **Yogurt, Blueberry & 8**  **Granola Parfait** |
| **L** | ***No School*** | **Meatball Sub**  **Assorted Fresh Veggies w/ Ranch Dip**  **Diced Pears** | **BBQ Chicken Drumstick**  **Cheese Cubes**  **Carrots & Green Beans**  **WG Cornbread**  **Tropical Fruit** | **Homemade WG Mac-n-Cheese**  **Steamed Broccoli**  **Mango Chunks** | **Orange Chicken**  **Brown Rice**  **Stir Fry Veggies**  **Seasonal Melon** |
| **s** |  | **Danimal Yogurt**  **Fresh Orange** | **WG Flatbread Round**  **WOW Butter & Jelly** | **Local Apple**  **WG Pretzels** | **Banana**  **WG Goldfish Crackers** |
| **B** | **11** | **WG Banana Bread 12**  **Apple Slices** | **WG Mini Wheats 13**  **Seasonal Melon** | **WG Mini Bagel w/ 14**  **Straw. Cream Cheese**  **Applesauce** | **Yogurt, Strawberry 15**  **& Granola Parfait** |
| **L** | ***No School*** | **BUILD A TORTILLA**  **WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa**  **Clementine** | **Teriyaki Beef Dippers Teriyaki or Sweet Sour Dip**  **Fried Rice**  **Peas**  **Pineapple Tidbits** | **Turkey w/ Gravy**  **Mashed Potatoes**  **WG Dinner Roll**  **Seasonal Melon** | **WG Spaghetti w/ Meatballs**  **California Blend Veggies**  **WG Breadstick**  **Fresh Fruit Salad** |
| **S** |  | **WG Graham Crackers**  **Sun Splash Veggie Juice** | **Assorted veggies w/ Ranch**  **Cheese Stick** | **Mandarin Oranges**  **WG Educational Crackers** | **WG Tortilla Chips**  **Salsa Cup** |
| **B** | **18** | **19** | **20** | **21** | **22** |
| **L** | ***No School*** | ***No School*** | ***No School*** | ***No School*** | ***No School*** |
| **s** |  |  |  |  |  |
| **B** | **25** | **26** | **27** | **28** | **29** |
| **L** | ***No School*** | ***No School*** | ***No School*** | ***No School*** | ***No School*** |
| **s** |  |  |  |  |  |

*Milk is served daily at breakfast and lunch. Children who are 1 -2 years old are served whole milk. Children >2 years old are served 1% 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*



MG Rev. 11/17/23