

# LCCAA Head Start Menu for December 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>B</b>  <b>L</b>  <b>S</b>	<b>30</b>	WG Banana Bread & Locally Grown Apple	<b>1</b>	Mini Wheats & Seasonal Melon	<b>2</b>	WG Bagel w/Cream Cheese, Applesauce	<b>3</b>	Yogurt, Peach & Granola Parfait	<b>4</b>
	No School	Cheeseburger with choice to add Pickle Chips, Ketchup; Baked Beans, Apricots		WG Lasagna Roll Up, Green Beans, Clementine		Beef & Veg w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Toast		WG French Toast Sticks, Sausage Patty, Tater Tots, Tangerine	
		WG Graham Crackers & Juice		Diced Pear Cup, WG Granola Bar		Local Apple, WG Pretzels		WG Tortilla Chips & Salsa	
<b>B</b>  <b>L</b>  <b>S</b>	<b>7</b>	WG Blueberry Waffle, Applesauce	<b>8</b>	Berry Patch Smoothie; Annie's Bunny Grahams	<b>9</b>	WG Cinnamon Toast Crunch, Diced Peaches	<b>10</b>	Yogurt, Berry & Granola Parfait	<b>11</b>
	No School	Meatball Sub; Assorted Raw Veggies with Ranch Dip; Diced Pears		BBQ Chicken Drumstick; Carrots & Green Beans; WG Italian-Seasoned Pierogies; Tropical Fruit Salad		WG Homemade Mac & Cheese, Steamed Broccoli, Sweet Mango		Orange Chicken Stir Fry, Brown Rice, Stir Fry Veg; Seasonal Melon	
		Danimals Yogurt & Fresh Orange		WG Flatbread Squares, WOWButter & Jelly		Raw Veg, Ranch Dressing & Cheese Stick		Banana, WG Goldfish Crackers	
<b>B</b>  <b>L</b>  <b>S</b>	<b>14</b>	WG Banana Bread & Locally Grown Apple	<b>15</b>	Mini Wheats & Seasonal Melon	<b>16</b>	WG Bagel w/Cream Cheese, Applesauce	<b>17</b>	Yogurt, Peach & Granola Parfait	<b>18</b>
	No School	Beef Nachos topped with choice of Black Beans, Salsa, Cheese; Clementine		BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges		WG Pepperoni Pizza, Tossed Salad w/Toppings: Cheese, Crotons, Assorted Dressing: French, Ranch, Italian; Tropical Fruit		Sloppy Joe; Maple Cinnamon Carrots; Diced Pears	
		WG Graham Crackers & Juice		Diced Pear Cup, WG Granola Bar		Local Apple, WG Pretzel		WG Tortilla Chips & Salsa	

**Enjoy your Winter Break! School resumes January 7, 2021.**

Milk is served daily at breakfast and lunch. Children less than 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. Menus are reviewed and approved by M. Robison, MPH, RD, LD. Equal Opportunity Provider.

## Heating Help Available

LCCAA currently offers multiple programs that help low-income Lorain County residents keep their heat on, reconnect them to heat or help pay their heating bill.

If you have received a disconnect notice but still have heat, make an appointment as soon as possible by calling 440-538-6999. If you live at or below 175% of the federal poverty level, you qualify for the Winter Crisis Program.

You may also qualify for the Winter Crisis Program if you have been diagnosed with COVID-19.

For a complete list of programs and qualifications, please visit [www.lccaa.net](http://www.lccaa.net).

Meal	Food Components	Ages 1-2	Ages 3-5
Breakfast (Portions & Servings)	Fluid Milk	1/2 cup	3/4 cup
	Fruit or Vegetable	1/4 cup	1/2 cup
	Breads, Cold Cereal, Granola	1/2 serving, 1/2 cup, 1/8 cup	1/2 serving, 1/2 cup, 1/8 cup
Lunch (Portions & Servings)	Fluid Milk	1/2 cup	3/4 cup
	Meat or Cheese	1 oz.	1 1/2 oz.
	Cooked/Dry Beans/Peas	1/4 cup	3/8 cup
	Peanut Butter, Nut/Seed Butters	2 T	3 T
	Nut and/or Seeds	1/2 oz.	3/4 oz.
	Yogurt	1/2 cup	3/4 cup
	Vegetables and Fruits (1 each)	1/8 cup each	1/4 cup each
	Breads/Grains, Pasta	1/2 serving, 1/4 cup	1/2 serving, 1/4 cup
Snack (Portions & Servings) Must Select Two Different Protein Components	Fluid Milk	1/2 cup	1/2 cup
	Vegetable	1/2 cup	1/2 cup
	Fruit	1/2 cup	1/2 cup
	Meat or Cheese	1/2 oz.	1/2 oz.
	Cooked/Dry Beans/Peas	1/8 cup	1/8 cup
	Peanut Butter, Nut/Seed Butters	1 T	1 T
	Nut and/or Seeds	1/2 oz.	1/2 oz.
	Yogurt	1/4 cup	1/4 cup
Breads/Grains, Pasta	1/2 serving, 1/4 cup	1/2 serving, 1/4 cup	

**Second Harvest operates food pantries and mobile distributions throughout Lorain County. Visit [www.secondharvestfoodbank.org](http://www.secondharvestfoodbank.org) to find one near you.**