

LCCAA Head Start Menu for April 2022

Monday		Tuesday		Wednesday		Thursday		Friday		
B	WG Rice Chex Pineapple Tidbits	4	WG Blueberry Snack 'n Waffle, Apple Slices	5	Berry Patch Smoothie, WG Bunny Grahams	6	WG Cinnamon Toast Crunch, Diced Peaches	7	Yogurt Berry & Granola Parfait	8
L	General Tso Beef, WG Brown Rice, Steamed Broccoli, Diced Pears		Build Your Own Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Let- tuce, Salsa; Sweet Mango Chunks		BBQ Chicken Sandwich Cole Slaw Mandarin Oranges		WG Spaghetti w/Meatballs, California Veggies, WG Breadstick, Fresh Fruit Salad		Turkey w/Gravy, Mashed Potatoes, WG Dinner Roll, Seasonal Melon	
S	Turkey Stick WG Saltines		Danimals® Yogurt Fresh Orange		WG Flatbread Round WOWBUTTER® & Jelly		Local Apple, WG Heartzel Pretzel Bag		Banana WG Goldfish Crackers	
B	WG Cheerios Cereal Pineapple Tidbits	11	WG Banana Bread Apple Slices	12	WG Mini Wheats Seasonal Melon	13	WG Strawberry Mini Bagel, Applesauce	14		15
L	WG Lasagna Roll-Up Steamed Green Beans Pears		Build Your Own Burger: WG Bun, Cheese, Pickle Chips, Ketchup; Baked Beans, Apricots		Braised Chicken Thigh, Maple Cinnamon Carrots, WG Cornbread, Clementine		Beef & Veggies w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Twist		No School	
S	Mango Peach Applesauce WG Cheez Its		WG Elf Grahams Veggie Juice		Diced Pears WG Educational Crackers		Assorted Raw Veggies, Ranch Dip, String Cheese Stick			
B		18		19		20		21		22
L			No		School	Spring	Break			
S										
B	WG Cheerios Cereal Pineapple Tidbits	25	WG Banana Bread Apple Slices	26	WG Mini Wheats Seasonal Melon	27	WG Strawberry Mini Bagel, Applesauce	28	Yogurt, Peach & Granola Parfait	29
L	Veggie Chili w/Cheese, WG Cornbread Apricots		Build Your Own Nachos: WG Tor- tilla Chips, Seasoned Beef, Black Beans, Salsa, Shredded Cheese; Clementine		Teriyaki Beef Dippers, Sweet/Sour Dip, Edamame & Corn Salad, Pineapple		WG Wild Mike Pizza Bites, Tossed Salad w/Cheese, Croutons, Assorted Dressings, Tropical Fruit		Green Eggs & Turkey Ham, Tater Tots, Dinner Roll, Diced Pears	
S	Mango Peach Applesauce WG Cheez Its		WG Graham Crackers Sun Splash Veggie Juice		Diced Pear Cup, WG Educational Crackers		Assorted Raw Veggies, Ranch Dressing, Cheese Stick		WG Tortilla Chips, Salsa	
B	WG Rice Chex Pineapple Tidbits	2	WG Blueberry Snack 'n Waffle, Apple Slices	3	Berry Patch Smoothie, WG Bunny Grahams	4	WG Cinn Toast Crunch, Diced Peaches	5	Yogurt Berry & Granola Parfait	6
L	General Tso Beef, WG Brown Rice, Steamed Broccoli, Diced Pears		Build Your Own Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Let- tuce, Salsa; Sweet Mango Chunks		BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges		WG Spaghetti w/Meatballs, California Veggies, WG Bread- stick, Fresh Fruit Salad		Turkey w/Gravy, Mashed Potatoes, WG Dinner Roll, Seasonal Melon	
S	Turkey Stick WG Saltines		Danimals Yogurt®, Fresh Orange		WG Flatbread Round, WOWBUTTER® & Jelly		Local Apple, WG Heartzel Pretzel Bag		Banana, WG Goldfish Crackers	

WG = Whole Grain. Milk is served daily at breakfast & 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 & approved by M. Robison, MPH, RD, LD. Equal Opportunity Provider.

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contact the Lorain County
Free Tax Prep Coalition.

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