

LCCAA Head Start Menu for February 2022

Monday		Tuesday		Wednesday		Thursday		Friday		
B	WG Rice Chex Pineapple Tidbits	7	WG Blueberry Snack 'n Waffle, Apple Slices	8	Berry Patch Smoothie, WG Bunny Grahams	9	WG Cinnamon Toast Crunch, Diced Peaches	10	Yogurt Berry & Granola Parfait	11
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	14	WG Banana Bread Apple Slices	15	WG Mini Wheats Seasonal Melon	16	WG Strawberry Mini Bagel, Applesauce	17		18
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 for Children	
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		21	WG Blueberry Snack 'n Waffle, Apple Slices	22	Berry Patch Smoothie WG Bunny Grahams	23	WG Cinn Toast Crunch Diced Peaches	24	Yogurt, Berry & Granola Parfait	25
L	President's Day No School		Meatball Sub, Assorted Veggies a/Ranch Dip, Diced Pears		BBQ Chicken Drumstick, Carrots & Green Beans, WG Cornbread, Tropical Fruit		WC Mac-n-Cheese, Steamed Broccoli, Sweet Mango Chunks		Orange Chicken, Brown Rice Stir Fry Veggies Seasonal Melon	
S			Danimal® Yogurt Fresh Orange		WG Flatbread Round, WOWButter® & Jelly		Local Apple WG Heartzel Pretzel Bag		Banana WG Goldfish Crackers	
B	WG Cheerios Cereal Pineapple Tidbits	28	WG Banana Bread Apple Slices	1	WG Mini Wheats Seasonal Melon	2	WG Strawberry Mini Bagel, Applesauce	3	Yogurt, Peach & Granola Parfait	4
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	7	WG Blueberry Snack 'n Waffle, Apple Slices	8	Berry Patch Smoothie, WG Bunny Grahams	9	WG Cinn Toast Crunch, Diced Peaches	10	Yogurt Berry & Granola Parfait	11
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.

**LCCAA Head Start's
Nutrition Program has
begun experiencing supply
chain issues with some
menu items.**

**Our menus are always
subject to change. If you
need or want to know
precisely what will be served
on any given day, please
contact your child's center.**

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 cup 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