

LCCAA Head Start Menu for March 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
B	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	No School	Build Your Own Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, 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		Danimals® Yogurt, Fresh Orange		WG Flatbread Round, WOWBUTTER® & Jelly		Local Apple, WG Heartzel Pretzel Bag		Banana, WG Goldfish Crackers	
B	14	WG Cheerios Cereal, Pineapple Tidbits	15	WG Mini Wheats, Seasonal Melon	16	WG Strawberry Mini Bagel, Applesauce	17	Yogurt, Peach & Granola Parfait	18
L		WG Lasagna Roll-Up, Steamed Green Beans, Pears		Braised Chicken Thigh, Maple Cinnamon Carrots, WG Cornbread, Clementine		Beef & Veggies w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Twist		WG French Toast Sticks, Maple Syrup, Chicken Sausage Patty, Tater Tots, Tangerine	
S		Mango Peach Applesauce, WG Cheez Its		Diced Pears, WG Educational Crackers		Assorted Raw Veggies, Ranch Dip, String Cheese Stick		WG Tortilla Chips, Salsa	
B	21	WG Rice Chex, Pineapple Tidbits	22	WG Blueberry Snack 'n Waffle, Apple Slices	23	WG Cinn Toast Crunch, Diced Peaches	24	Yogurt, Berry & Granola Parfait	25
L		Egg Omelet, Maple Sweet Potatoes, Croissant, Baked Cinnamon Apples		Meatball Sub, Assorted Veggies a/Ranch Dip, Diced Pears		WC Mac-n-Cheese, Steamed Broccoli, Sweet Mango Chunks		Orange Chicken, Brown Rice Stir Fry Veggies, Seasonal Melon	
S		Turkey Stick, WG Saltines		Danimal® Yogurt, Fresh Orange		WG Flatbread Round, WOWButter® & Jelly		Banana, WG Goldfish Crackers	
B	28	WG Cheerios Cereal, Pineapple Tidbits	29	WG Banana Bread, Apple Slices	30	WG Strawberry Mini Bagel, Applesauce	31	Yogurt, Peach & Granola Parfait	1
L		Veggie Chili w/Cheese, WG Cornbread, Apricots		Build Your Own Nachos: WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Shredded Cheese, Clementine		Teriyaki Beef Dippers, Sweet/Sour Dip, Edamame & Corn Salad, Pineapple		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		WG Tortilla Chips, Salsa	
B	4	WG Rice Chex, Pineapple Tidbits	5	WG Blueberry Snack 'n Waffle, Apple Slices	6	WG Cinn 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, Lettuce, Salsa; Sweet Mango Chunks		BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges		Turkey w/Gravy, Mashed Potatoes, WG Dinner Roll, Seasonal Melon	
S		Turkey Stick, WG Saltines		Danimals Yogurt®, Fresh Orange		WG Flatbread Round, WOWBUTTER® & Jelly		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.

Lorain County Resource Fair

Connecting for Kids will host the 8th Annual Resource Fair at the Lorain County Community College Spitzer Conference Center, 1005 N. Abbe Road in Elyria.

In person and Grab & Go pick up options are available.

Learn more at www.connectingforkids.org/lorain-resource-fair.

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