

LCCAA Head Start Menu for May/June 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
B	WG Rice Chex Pineapple Tidbits	2	WG Blueberry Snack 'n Waffle, Apple Slices	3	Berry Patch Smoothie, WG Bunny Grahams	5	WG Cinnamon Toast Crunch, Diced Peaches	6	Yogurt Berry & Granola Parfait
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	9	WG Banana Bread Apple Slices	10	WG Mini Wheats Seasonal Melon	11	WG Strawberry Mini Bagel, Applesauce	12	13
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	WG Rice Chex Pineapple Tidbits	16	WG Blueberry Snack 'n Waffle, Apple Slices	17	Berry Patch Smoothie, WG Bunny Grahams	18	WG Cinn Toast Crunch, Diced Peaches	19	Yogurt Berry & Granola Parfait
L	Egg Omelet, Maple Sweet Potatoes, Croissant, Baked Cinnamon Apples		Meatball Sub, Assorted Veggies w/ Ranch Dip, Diced Pears		BBQ Chicken Drumstick, Carrots & Green Beans, WG Cornbread, Tropical Fruit		WG Mac N Cheese, Steamed Broccoli, Sweet Mango Chunks		Orange Chicken, Brown Rice, STir Fry Veggies, 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	23	WG Banana Bread Apple Slices	24	WG Mini Wheats Seasonal Melon	25	WG Strawberry Mini Bagel, Applesauce	26	Yogurt, Peach & Granola Parfait
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		Homemade Sloppy Joe, Maple Cinnamon Carrots, 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		30	WG Blueberry Snack 'n Waffle, Apple Slices	31	Berry Patch Smoothie, WG Bunny Grahams	1	WG Cinn Toast Crunch, Diced Peaches	2	Yogurt Berry & Granola Parfait
L	Memorial Day No School		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			Danimals Yogurt®, Fresh Orange		WG Flatbread Round, WOWBUTTER® & Jelly		Local Apple, WG Heartzel Pretzel Bag		Banana, WG Goldfish Crackers
B	WG Cheerios Pineapple Tidbits	6	WG Banana Bread Apple Slices	7	WG Cereal Seasonal Melon	8	WG Cereal Tropical Fruit	9	10
L	WG Lasagna Roll-up Steamed Green Beans Pears		Build Your Own Burger: WG Bun, Cheese, Pickle Chips, Ketchup, Baked Beans, Apricots		WG Soy Jammer Sandwich Cheese Stick, Diced Pears SunSplash Veggi Juice		Turkey/Cheese Croissant Danimals Yogurt®, Applesauce Paradise Punch Veggi Juice		No School
S	Mango Peach Applesauce WG Cheez-Its		WG Elf Grahams Veggie Juice		WG Cheez-Its Mandarin Oranges		WG Educational Crackers, Diced Peach Cup		

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.

Scan below for
Nutrition Information

