

LCCAA Head Start Menu for October 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
B	WG Cinn Chex or Cinn Toast Crunch, Pineapple Tidbits	3	WG Blueberry Waffle Apple Slices	4	Purple Daze Smoothie, WG Bunny Grahams	5	WG Banana Muffin Diced Peaches	6	Yogurt, Blueberry & Granola Parfait
L	Egg Omelet, Maple Sweet Potatoes, Croissant, Baked Cinnamon Apples		Meatball Sub, Bell Peppers w/Ranch Diced Pears		BBQ Chicken Drumstick, Cheese Cubes, Carrots & Green Beans, WG Cornbread, Tropical Fruit		Homemade WG Mac-n-Cheese Steamed Broccoli Mango Chunks		Orange Chicken, Brown Rice, Stir Fry Veggies, Watermelon
S	Turkey Stick, WG Crackers		Danimals® Yogurt, Fresh Orange		WG Flatbread Round, WOWBUTTER® and Jelly		Apple, WG Pretzels		Banana, WG Goldfish Crackers
B	WG Cheerios Cereal, Pineapple Tidbits	10	WG Banana Bread, Apple Slices	11	WG Mini Wheats Honeydew	12	WG Mini Bagel w/ Strawberry Cream Cheese, Applesauce	13	14
L	WG Cavatappi Mac-n-Cheese Broccoli Mixed Fruit Salad		Build a Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Clementine		Teriyaki Beef Dippers, Teriyaki or Sweet/Sour Dip, WG Fried Rice, Peas, Pineapple Tidbits		Bosco® with Marinara, Tossed Salad with Toppings: Cheese, Croutons, French or Ranch Dressing, Tropical Fruit		No School
S	Mango-Peach Applesauce, WG Cheez-Its		WG Graham Crackers Sun Splash Veggie Juice		Cucumbers with Ranch Cheese Stick		Apple Crunch Day , Local Apple WG Educational Crackers		
B		17	WG Blueberry Waffle Apple Slices	18	Purple Daze Smoothie WG Bunny Grahams	19	WG Banana Muffin Diced Peaches	20	Yogurt, Strawberry & Granola Parfait
L	No School		Build Your Own Nachos: WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese; Mango		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, Honeydew
S			Danimals® Yogurt, Fresh Orange		WG Flatbread Round WOWBUTTER® and Jelly		Local Apple, WG Pretzels		Banana, WG Goldfish Crackers
B		31	WG Blueberry Waffle Apple Slices	1	TRY DAY: Cranberry Smoothie WG Bunny Grahams	2	WG Banana Muffin Diced Peaches	3	Yogurt, Blueberry and Granola Parfait
L	No School		Meatball Sub, Mini Carrots w/Ranch Diced Pears		BBQ Chicken Drumstick, Cheese Cubes, Carrots & Green Beans, WG Cornbread, Tropical Fruit		Homemade WG Mac-n-Cheese Steamed Broccoli Mango Chunks		Orange Chicken, Brown Rice Stir Fry Veggies Cantaloupe
S			Danimals® Yogurt, Fresh Orange		WG Flatbread Round, WOWBUTTER® and Jelly		Apple Slices WG Pretzels		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.

Healthy Snack Tips from LCCAA

While meals make up the majority of a child's nutritional intake, most children eat at least one snack per day. You can use snack times as a way to increase fruit and vegetable intake.

Most kids do not eat the recommended amount of fruits and vegetables. Snack times offer a great opportunity to increase access and exposure to these nutrient-dense foods.

Consider pairing them up with dairy products or dairy substitutes (such as grapes and cheese), lean proteins (such as celery and peanut butter), or whole-grain cereals and bread (such as banana sandwich on whole grain bread).

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