

LCCAA Head Start Menu for November 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
B L S	2 No School	WG Banana Bread & Local Apple	3	Frosted Mini Wheats & Seasonal Melon	4	WG Bagel w/Cream Cheese; Applesauce	5	Yogurt, Peach & Granola Parfait	6
		Cheeseburger with choice to add Pickle Chips, Ketchup; Baked Beans, Apricots		WG Lasagna Roll-Up Green Beans Clementine		Beef & Veg w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Toast		WG French Toast Sticks, Chicken Sausage Patty, Tater Tots, Tangerine	
		WG Graham Crackers & Juice		Diced Pear Cup, WG Granola Bar		Local Apple, WG Pretzels		WG Tortilla Chips & Salsa	
B L S	9 WG Cereal & Pineapple Tidbits Veggie Chili w/Cheese; WG Cornbread, Diced Pears WG Graham Crackers, Juice	WG Blueberry Waffle, Applesauce	10	No School	11	WG Cinnamon Toast Crunch, Diced Peaches	12	Yogurt, Berry & Granola Parfait	13
		Meatball Sub; Asst. Raw Veggies w/ Ranch Diced Pears				WG Homemade Mac & Cheese, Steamed Broccoli, Sweet Mango		Orange Chicken Stir Fry, Brown Rice, Stir Fry Veg, Seasonal Melon	
		Danimals® Yogurt, Fresh Orange				Assorted Raw Veg, Ranch Dip & Cheese Stick		Banana, WG Goldfish Crackers	
B L S	16 No School	WG Banana Bread & Local Apple	17	Mini Wheats & Seasonal Melon	18	WG Bagel w/Cream Cheese; Applesauce	19	Yogurt, Peach & Granola Parfait	20
		Beef Nachos topped with choice of Black Beans, Salsa, Cheese; Clementine		BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges		WG Pepperoni Pizza, Tossed Salad w/Toppings: Cheese, Croutons, Assorted Dressing; Tropical Fruit		THANKSGIVING MEAL: Roast Turkey, Stuffing, Mashed Potatoes w/ Gravy, Green Beans, Ambrosia Salad	
		WG Graham Crackers & Juice		Diced Pear Cup, WG Granola Bar		Local Apple, WG Pretzels		WG Tortilla Chips and Salsa	
B L S	23 WG Cereal & Pineapple Tidbits Veggie Chili w/Cheese; WG Cornbread Diced Pears WG Graham Crackers & Juice	WG Blueberry Waffle, Applesauce	24	Berry Patch Smoothie, Annie's Bunny Grahams	25	No School	26	No School	27
		Chicken Tortilla Topped w/ choice of cheese, lettuce, salsa; Mango Chunks		Chicken Grillbites, Ketchup, BBQ; WG Pasta Salad w/ Veg; Mandarin Oranges					
		Danimals® Yogurt & Fresh Orange		WG Flatbread Round; WOWBUTTER® and Jelly					

Milk is served daily at breakfast and 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 and approved by M. Robison, MPH, RD, LD. Equal Opportunity Provider.

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	