

# LCCAA Head Start Menu for October 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>B</b> <b>L</b> <b>S</b>	5 No School	6 WG Banana Bread & Locally Grown Apple Cheeseburger with choice to add pickle chips, ketchup; baked beans; apricots WG Graham Crackers & Juice	7 Mini Wheats & Seasonal Melon WG Lasagna Roll-Up, Green Beans, Clementine Diced Pear Cup, WG Granola Bar	8 WG Bagel w/Cream Cheese, Applesauce Beef & Veg w/Gravy, Mashed Potatoes, Diced Peaches, WG Garlic Toast Local Apple, WG Pretzels	9 No School
	12 No School	13 WG Blueberry Waffle, Applesauce Meatball Sub, Assorted Raw Veggies w/Ranch Dip, Diced Pears Danimals® Yogurt, Fresh Orange	14 Berry Patch Smoothie, Annie's Bunny Grahams BBQ Glazed Chicken Drumstick, Carrots & Green Beans, WG Italian-Seasoned Pierogies, Tropical Fruit Salad WG Flatbread Round WOWBUTTER® and Jelly	15 WG Cinnamon Toast Crunch, Diced Peaches WG Homemade Mac & Cheese, Steamed Broccoli, Sweet Mango Assorted Raw Veg, Ranch Dip & Cheese Stick	16 Yogurt, Berry & Granola Parfait Orange Chicken Stir Fry, Brown Rice, Stir Fry Veg, Seasonal Melon Banana, WG Goldfish Crackers
		19 No School	20 WG Banana Bread & Local Apple Beef Nachos topped with choice of Black Beans, Salsa, Cheese; Clementine WG Graham Crackers & Juice	21 Mini Wheats & Seasonal Melon BBQ Chicken Sandwich, Cole Slaw, Mandarin Oranges Diced Pear Cup, WG Granola Bar	22 WG Bagel w/Cream Cheese, Applesauce WG Pepperoni Pizza, Tossed Salad with choice to add cheese, croutons, dressing; Tropical Fruit Local Apple, WG Pretzels
26			27	28	29
<b>L</b>	No School Fall Break				
<b>S</b>					

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	