

LCCAA – EHS & Head Start Menu
January 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B	1	2	3	WG Banana Muffin Diced Peaches 4	Yogurt, Blueberry & Granola Parfait 5
L	<i>No School</i>	<i>No School</i>	<i>No School</i>	Homemade WG Mac-n- Cheese Steamed Broccoli Mango Chunks	Orange Chicken Brown Rice Stir Fry Veggies Seasonal Melon
S				Local Apple WG Pretzels	Banana WG Goldfish Crackers
B	WG Cheerios Pineapple Tidbits 8	WG Banana Bread Apple Slices 9	WG Mini Wheats Seasonal Melon 10	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 11	Yogurt, Strawberry & Granola Parfait 12
L	Veggie Chili w/ Shredded Cheese WG Cornbread Fresh Broccoli w/ Ranch Dip Mixed Fruit Salad	BUILD A TORTILLA WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa Clementine	Teriyaki Beef Dippers Teriyaki or Sweet Sour Dip Fried Rice Peas Pineapple Tidbits	Turkey w/ Gravy Mashed Potatoes WG Dinner Roll Seasonal Melon	WG Spaghetti w/ Meatballs California Blend Veggies WG Breadstick Fresh Fruit Salad
S	Mango Peach Applesauce WG Cheez It	WG Graham Crackers Sun Splash Veggie Juice	Assorted veggies w/ Ranch Cheese Stick	Mandarin Oranges WG Educational Crackers	WG Tortilla Chips Salsa Cup
B	15	WG Blueberry Waffle Apple Sauce Cups 16	Purple Daze Smoothie WG Bunny Grahams 17	WG Banana Muffin Diced Peaches 18	Yogurt, Blueberry & Granola Parfait 19
L	<i>No School</i>	BBQ Chicken Sandwich Cole Slaw Mandarin Oranges	COLD LUNCH Turkey & Cheese Sandwich Vegetable Juice Cheese Stick Yogurt Cup Applesauce	Homemade Sloppy Joe Maple Cinnamon Carrots Diced Pears	Bosco with Marinara Tossed Salad w/ Toppings Cheese, Croutons French or Ranch Tropical Fruit
S		Danimal Yogurt Fresh Orange	WG Flatbread Round WOW Butter & Jelly	Local Apple WG Pretzels	Banana WG Goldfish Crackers
B	WG Cheerios Pineapple Tidbits 22	WG Banana Bread Apple Slices 23	WG Mini Wheats Seasonal Melon 24	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 25	Yogurt, Strawberry & Granola Parfait 26
L	WG French Toast Sticks Sugar-free syrup Chicken Sausage Patty Tater Tots Tangerine	BUILD A Burger WG Bun, Cheese, Pickle Chips, Ketchup Baked Beans Apricots	Braised Chicken Thigh Maple Cinnamon Carrots WG Cornbread Clementine	Homemade WG Mac-n- Cheese Steamed Broccoli Mango Chunks	WG Ravioli Steamed Green Beans Diced Pears TRY DAY- Mango Quiona Salas
S	Mango Peach Applesauce WG Cheez It	WG Graham Crackers Sun Splash Veggie Juice	Assorted veggies w/ Ranch Cheese Stick	Mandarin Oranges WG Educational Crackers	WG Tortilla Chips Salsa
B	WG Cinn Chex or WG Cinn Toast Crunch Pineapple tidbits 29	WG Blueberry Waffle Apple Slices 30	Purple Daze Smoothie WG Bunny Grahams 31		
L	Egg Omelet Maple Sweet Potatoes Croissant Baked Cinnamon Apples	Meatball Sub Assorted Fresh Veggies w/ Ranch Dip Diced Pears	BBQ Chicken Drumstick Cheese cubes Carrots & Green Beans WG Cornbread Tropical Fruit		
S	Turkey Stick WG Crackers	Danimal Yogurt Fresh Orange	WG Flatbread Round WOW Butter & Jelly		

Milk is served daily at breakfast and lunch. Children who are 1 -2 years old are served whole milk. Children >2 years old are served 1% 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. WG = whole grain



This institution is an equal opportunity provider.