

LCCAA Head Start Menu for January 2022

Monday		Tuesday		Wednesday		Thursday		Friday		
10		11		12		13		14		
B										
L		Virtual Instruction This Week. Meals will be Distributed Jan. 18.								
S										
17		18		19		20		21		
B										
L		Virtual Instruction This Week. Meals will be Distributed Jan. 18.								
S										
B	WG Rice Chex Pineapple Tidbits	24	WG Blueberry Snack 'n Waffle, Apple Slices	25	Berry Patch Smoothie WG Bunny Grahams	26	WG Cinn Toast Crunch Diced Peaches	27	Yogurt, Berry & Granola Parfait	28
L	Egg Omelet, Maple Sweet Potatoes, Croissant, Baked Cinnamon Apples		Meatball Sub, Assorted Veggies a/Ranch Dip, Diced Pears		BBQ Chicken Drumstick, Carrots & Green Beans, WG Cornbread, Tropical Fruit		WC Mac-n-Cheese, Steamed Broccoli, Sweet Mango Chunks		Orange Chicken, Brown Rice Stir Fry Veggies Seasonal Melon	
S	Turkey Stick WG Saltines		Danimal® Yogurt Fresh Orange		WG Flatbread Round, WOWButter® & Jelly		Local Apple WG Pretzel Bag		Banana WG Goldfish Crackers	
B	WG Cheerios Cereal Pineapple Tidbits	31	WG Banana Bread Apple Slices	1	WG Mini Wheats Seasonal Melon	2	WG Strawberry Mini Bagel, Applesauce	3	Yogurt, Peach & Granola Parfait	4
L	Veggie Chili with 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/ Toppings: Cheese, Croutons, Asst. Drsgs; 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		Asst. Raw Veggies, Ranch Dressing, Cheese Stick		WG Tortilla Chips Salsa	

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.

Quinoa to be Tried Feb. 2

Try Day has become a student and staff favorite in LCCAA Head Start.

New foods are introduced in a variety of ways in the classroom and quinoa will be featured Feb. 2.

LCCAA Head Start students will get to explore dry quinoa in class so they can feel, smell and see the food.

Lunch on Wednesday, Feb. 2 will include a sample of Mango Quinoa Salad. The recipe will also be shared with families.



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	