

LCCAA Head Start Menu for January 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
B	4	5	6	7	8
L	No School	No School	No School	WG Bagel w/Cream Cheese, Applesauce	Yogurt, Peach & Granola Parfait
S				WG Pepperoni Pizza; Tossed Salad w/ choice to add Cheese, Croutons, Dressing; Tropical Fruit	Sloppy Joe Maple Cinnamon Carrots Diced Pears
				WG Graham Crackers, Juice	Diced Pear Cup, WG Granola Bar
B	11	12	13	14	15
L	No School	WG Blueberry Waffle, Applesauce	Berry Patch Smoothie, Annie's Bunny Grahams	WG Cinnamon Toast Crunch, Diced Peaches	Yogurt, Berry & Granola Parfait
S		Chicken Tortilla topped with choice of Cheese, Lettuce, Salsa; Mango Chunks	Chicken Grillbites, Dipping Sauce: Ketchup, BBQ; WG Pasta Salad w/ Veggies Mandarin Oranges	WG Spaghetti w/Meatballs, WG Breadstick, California Veggie Blend, Fresh Fruit Salad	Turkey and Gravy, WG Dinner Roll, Mashed Potatoes, Fresh Melon
		Danimals® Yogurt, Fresh Orange	WG Flatbread Round, WOWBUTTER® and Jelly	Raw Veggies w/ Ranch Dip, Cheese Stick	Banana, WG Goldfish Crackers
B	18	19	20	21	22
L	No School	WG Banana Bread & Locally Grown Apple	Mini Wheats & Seasonal Melon	WG Bagel w/Cream Cheese, Applesauce	Yogurt, Peach & Granola Parfait
S		Cheeseburger with choice to add Pickle Chips, Ketchup; Baked Beans, Apricots	WG Lasagna Rollup, Green Beans, Clementine	Beef & Veggies w/Gravy, Mashed Potatoes, WG Garlic Toast, Diced Peaches	WG French Toast Stick, 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	25	26	27	28	29
L	No School	WG Blueberry Waffle, Applesauce	Berry Patch Smoothie, Annie's Bunny Grahams	WG Cinnamon Toast Crunch, Diced Peaches	Yogurt, Berry & Granola Parfait
S		Meatball Sub; Asst. Raw Veggies w/ Ranch Dip; Diced Pears	BBQ Chicken Drumstick; Carrot & Green Beans; Italian Seasoned Pierogies; Tropical Fruit Salad	Homemade WG Mac-N-Cheese; Steamed Broccoli; Sweet Mango	Orange Chicken Stir Fry, Brown Rice, Stir Fry Veggies, Fresh Melon
		Danimals® Yogurt, Fresh Orange	WG Flatbread Round WOWBUTTER® and Jelly	Raw Veggies w/Ranch Dip, Cheese Stick	Banana, WG Goldfish Crackers

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.

More Care Bags Coming Jan. 25

LCCAA Head Start will distribute another Care Bags of food items to all Head Start families Jan. 25.

Head Start typically provides thousands of meals every month to children enrolled in the agency's centers, but the COVID-19 crisis has caused demand for food assistance to skyrocket.

Each bag will contain a variety of foodstuffs intended to supply the family for as much as a month, depending on family size.

Families will be notified of pick up times and delivery options by their Family Service Worker or Home Visitor.

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