

Lorain County Early Head Start Menus – June 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
13	WG Cheerios or WG Cinnamon Chex Peach Cup	14	WG Banana Bread Applesauce Cup	15	WG Kix or Rice Krispies Pineapple Cup	16	WG Mini Bagel w/ Strab Cream Cheese Diced Pears	17	Vanilla Yogurt Blueberries
13	WG Chicken Nuggets Ketchup Broccoli WG Cornbread Mandarin Oranges	14	Cheeseburger, pickles, ketchup Baked Beans Tropical Fruit	15	WG Lasagna Roll-up Green Beans Clementine	16	BBQ Chicken Sandwich California Blend Veggies Seasonal Melon	17	Beef/Veggies/Gravy Tater Tots WG Dinner Roll Fresh Fruit Salad
13	Turkey Stick WG Saltines	14	WG Graham Crackers Milk	15	Canned Cinn Apple Slices WG Goldfish Crackers	16	Cheese Cubes WG Educational Crackers	17	Fresh Orange WG Banana or Choc Chip Muffin
20	WG Cheerios or WG Cinnamon Chex Peach Cup	21	WG Blueberry Waffle Apple slices or Applesauce	22	WG Banana or Blueberry Muffin Pineapple Cup	23	WG Cinnamon Toast Crunch or Kix Seasonal Melon	24	Vanilla Yogurt Strawberries
20	WG Mini Eggo Pancake w/ Syrup Chicken Sausage Patty Hashbrown Apricots	21	WG Cheese Bosco Stick Marinara Sauce Carrots & Beans Seasonal Melon	22	Turkey w/ Gravy Mashed Potatoes WG Dinner Roll Clementine/Halo	23	Veggi Chili w/cheese WG Cornbread Tropical Fruit	24	WG Mac & Cheese Mixed Vegetables Pineapple
20	WG Bunny Grahams Tropical Fruit Cup	21	Mandarin Orange Cup Danimal	22	WG Graham Crackers Wow Butter & Jelly	23	Cheese cubes Educational Crackers	24	Fresh Orange WG Goldfish Crackers
27	WG Cheerios or WG Cinnamon Chex Peach Cup	28	WG Banana Bread Applesauce Cup	29	WG Kix or Rice Krispies Pineapple Cup	30	WG Mini Bagel w/ Strab Cream Cheese Diced Pears	1	Vanilla Yogurt Blueberries
27	WG Chicken Nuggets Ketchup Broccoli WG Cornbread Mandarin Oranges	28	Cheeseburger, pickles, ketchup Baked Beans Tropical Fruit	29	WG Lasagna Roll-up Green Beans Clementine	30	BBQ Chicken Sandwich California Blend Veggies Seasonal Melon	1	Beef/Veggies/Gravy Tater Tots WG Dinner Roll Fresh Fruit Salad
27	Turkey Stick WG Saltines	28	WG Graham Crackers Milk	29	Canned Cinn Apple Slices WG Goldfish Crackers	30	Cheese Cubes WG Educational Crackers	1	Fresh Orange WG Banana or Choc Chip Muffin

Milk is served daily at breakfast and lunch.

Children 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 employer.