

# LCCAA Head Start Menu for March 2021

	Tuesday in Centers	Sent Home Tuesday	Thursday in Centers
<b>B</b>	Banana Bread and Apple Slices <b>2</b>	Cereal, Diced Peach Cup, Milk <b>3</b>	Mini Wheats, Assorted Melon <b>4</b>
<b>L</b>	Cheeseburger, Pickle Chips, Ketchup; Baked Beans, Apricots	Turkey, Ham and Cheese Croissant; Juice, Yogurt, Applesauce, Milk	Lasagna Roll-Up, Steamed Green Beans, Clementine
<b>S</b>	Graham Crackers & Juice	Bunny Grahams and Milk	Diced Pear Cup, Granola Bar
<b>B</b>	Mini Bagels and Applesauce <b>9</b>	Cereal, Orange, Milk <b>10</b>	Yogurt, Fruit and Granola Parfait <b>11</b>
<b>L</b>	Beef and Veggies with Gravy, Mashed Potatoes, Diced Peaches Garlic Toast	Turkey Stick, Cheese Stick, Saltine Crackers; Dragon Punch or Juice Medley; Diced Pears, Milk	French Toast Sticks, Sausage Patty, Tater Tots, Tangerine
<b>S</b>	Pretzel Sticks and Apple	Graham Crackers and Milk	Tortilla Chips and Salsa
<b>B</b>	Waffle and Applesauce <b>16</b>	Muffin, Fruit Cup, Milk <b>17</b>	Smoothie, Bunny Grahams <b>18</b>
<b>L</b>	Chicken Taco with Tortilla: Tortilla, Chicken, Cheese, Lettuce, Salsa; Mango Chunks	Calzone, Marinara Cup, Apple and Milk	Chicken Drumsticks, Carrots and Green Beans, Pierogies, Tropical Fruit
<b>S</b>	Bunny Grahams, Fresh Orange	Pretzels and Cheese Cup	Graham Crackers, WOWBUTTER, Jelly
<b>B</b>	Cereal and Peaches <b>23</b>	Cereal, Orange, Milk <b>24</b>	Yogurt, Berry and Granola Parfait <b>25</b>
<b>L</b>	Spaghetti w/Meatballs, Breadstick, California Veggies, Fresh Fruit Salad	Soy Jammer, Juice; Applesauce, Milk	Turkey w/Gravy, Mashed Potatoes, Dinner Roll, Seasonal Melon
<b>S</b>	Diced Fruit and Beef Stick	Tortilla Chips and Salsa	Applesauce, Goldfish Crackers
<b>B</b>	Banana Bread and Apple Slices <b>30</b>	Bagel, Applesauce and Milk <b>31</b>	Mini Wheats and Assorted Melon <b>1</b>
<b>L</b>	Cheeseburger, Pickle Chips, Ketchup; Baked Beans; Apricots	Grilled Cheese; Yogurt; Orange Veggie Juice, Milk	Lasagna Roll-Up, Steamed Green Beans, Clementine
<b>S</b>	Graham Crackers and Juice	Bunny Grahams and Milk	Diced Pear Cup and Granola Bar

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.

## Second Harvest Offering Mobile Food Pantries

If your household needs help with food, look for a Second Harvest Foodbank Mobile Pantry near you.

LCCAA Youth Services workers have been assisting at both the Second Harvest warehouse and the drive through pantries since September.

In March, the youth will be at the following events:

- ▶ March 4: Longfellow Middle School, 4:30 to 6 p.m.
- ▶ March 11: El Centro (Oakwood Park), 3:30 to 5:30 p.m.
- ▶ March 18: Black River Landing, 3:30



to 5:30 p.m.

- ▶ March 25: General Johnnie Wilson Middle School, 4:30 to 6 p.m.

For a complete list of mobile events and other ways to get help, visit [www.secondharvestfoodbank.org](http://www.secondharvestfoodbank.org)