

LCCAA – EHS & Head Start Menu

# November 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B			WG Mini Wheats Seasonal Melon 1	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 2	Yogurt, Strawberry & Granola Parfait 3
L			Braised Chicken Thigh Maple Cinnamon Carrots WG Cornbread Clementine	Beef & Veggies w/ Gravy Mashed Potatoes Diced Peaches WG Garlic Twist	WG Ravioli Steamed Green Beans Diced Pears
S			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 6	WG Blueberry Waffle Apple Slices 7	Purple Daze Smoothie WG Bunny Grahams 8	WG Banana Muffin Diced Peaches 9	Lagrange Only- Cereal Mandarin oranges 10
L	Egg Omelet Maple Sweet Potatoes Croissant Baked Cinnamon Apples	Meatball Sub Shredded Cheese Assorted Fresh Veggies w/ Ranch Diced Pears	BBQ Chicken Drumstick Cheese cubes Carrots & Green Beans WG Cornbread Tropical Fruit	Homemade WG Mac-n- Cheese Steamed Broccoli Mango Chunks	<b>No School</b> Lagrange Only - Cold Lunch
S	Turkey Stick WG Crackers	<b>EARLY RELEASE- ELECTION DAY</b>	WG Flatbread Round WOW Butter & Jelly	Local Apple WG Pretzels	Lagrange Only- Graham Crackers Sun splash vegetable juice
B	WG Cheerios 13 Pineapple Tidbits	WG Banana Bread 14 Apple Slices	WG Mini Wheats 15 Seasonal Melon	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 16	Yogurt, Strawberry 17 & Granola Parfait
L	Veggi Chili w/ Shredded Cheese WG Cornbread Fresh Broccoli w/ Ranch Mixed Fruit Salad	<b>BUILD A TORTILLA</b> WG Tortilla, Seasoned Chicken, Shredded Cheese, Lettuce, Salsa Clementine	Teriyaki Beef Dippers Teriyaki or Sweet Sour Dip Fried Rice Peas Pineapple Tidbits	Homemade Sloppy Joe Maple Cinnamon Carrots Diced Pears	Roast Turkey & Gravy Mashed potatoes Sweet Potato Chunks with Maple Seasoning- <b>TRY DAY</b> Dinner Roll Baked Cinnamon Apples
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	WG Cinn Chex or 20 WG Cinn Toast Crunch Pineapple tidbits	WG Blueberry Waffle 21 Apple Slices	Purple Daze Smoothie 22 WG Bunny Grahams	23	24
L	General Tso Beef Brown Rice Steamed Broccoli Diced Pears	<b>BUILD YOUR OWN NACHOS</b> WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese Sauce Mango	BBQ Chicken Sandwich Cole Slaw Mandarin Oranges	<b>No School</b>	<b>No School</b>
S	Turkey Stick WG Crackers	Danimal Yogurt Fresh Orange	WG Flatbread Round WOW Butter & Jelly		
B	WG Cheerios 27 Pineapple Tidbits	WG Banana Bread 28 Apple Slices	WG Mini Wheats 29 Seasonal Melon	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 30	
L	WG French Toast Sticks Sugar free syrup Chicken Sausage Patty Tater Tots Tangerine	<b>BUILD A Burger</b> WG Bun, Cheese, Pickle Chips, Ketchup Baked Beans Apricots	Braised Chicken Thigh Maple Cinnamon Carrots WG Cornbread Clementine	Beef & Veggies w/ Gravy Mashed Potatoes Diced Peaches WG Garlic Twist	
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	

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.