LCCAA Head Start Menu for November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
B	7 WG Cheerios Cereal, Pineapple Tidbits	8 WG Banana Bread, Apple Slices	9 WG Mini Wheats Honeydew	10 WG Mini Bagel w/ Strawberry Cream Cheese, Applesauce	11 LaGrange Only Cereal and Fruit Cup
L	WG Cavatappi Mac-n-Cheese Broccoli Mixed Fruit Salad	Bagged Lunch: Turkey & Cheese Sandwich, Yogurt, Apple Sauce, Veggie Juice, Milk	Teriyaki Beef Dippers, Teriyaki or Sweet/Sour Dip, WG Fried Rice, Peas, PineappleTidbits	Bosco® with Marinara, Tossed Salad with Toppings: Cheese, Croutons, French or Ranch Dressing, Tropical Fruit	LaGrange Only Bagged Lunch
S	Mango-Peach Applesauce, WG Cheez-Its	Early Release	Carrots with Ranch Cheese Stick	Diced Pear WG Educational Crackers	LaGrange Only WG Tortilla Chips, Salsa
B	14 WG Cinn Chex or Cinn Toast Crunch, Pineapple Tidbits	15 WG Blueberry Waffle Apple Slices	16 Purple Daze Smoothie WG Bunny Grahams	17 WG Banana Muffin Diced Peaches	18 Yogurt, Blueberry and Granola Parfait
L	General Tso Beef, Brown Rice Roasted Squash & Zucchini Diced Pears	Build Your Own Nachos: WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese; Mango	BBQ Chicken Sandwich, Cole Slaw Mandarin Oranges	WG Spaghetti w/Meatballs, California Veggies, WG Breadstick, Fresh Fruit Salad	Thanksgiving Meal:Turkey w/ Gravy, Mashed Potatoes, Green Beans,WG Dinner Roll, Ambrosia Salad
S	Turkey Stick, WG Crackers	Danimals® Yogurt, Fresh Orange	WG Flatbread Round WOWBUTTER® and Jelly	Apple Slices, WG Pretzels	Banana, WG Goldfish Crackers
B	21 WG Cheerios Cereal, Pineapple Tidbits	22 WG Banana Bread Apple Slices	23 WG Mini Wheats Cantaloupe	24	25
L	WG French Toast Sticks, Sugar Free Syrup, Chicken Sausage Patty, Tater Tots, Tangerine	Build a Burger: WG Bun, Cheese, Pickle Chips, Ketchup, Baked Beans, Apricots	Braised Chicken Thigh, Maple Cinnamon Carrots, WG Cornbread, Clementine	No School	No School
S	Mango-Peach Applesauce, WG Cheez-Its	WG Graham Crackers Sun Splash Veggie Juice	Early Release		
B	28 WG Cinn Chex or Cinn Toast Crunch, Pineapple Tidbits	29 WG Blueberry Waffle Apple Slices	30 Purple Daze Smoothie, WG Bunny Grahams	1 WG Banana Muffin Diced Peaches	2 Yogurt, Blueberry and Granola Parfait
L	Egg Omelet,Maple Sweet Potatoes,Croissant, Baked Cinnamon Apples	Meatball Sub, Celeryw/Ranch Diced Pears	BBQ Chicken Drumstick, Cheese Cubes, Carrots & Green Beans, WG Cornbread, Tropical Fruit	Homemade WG Mac-n-Cheese Steamed Broccoli Mango Chunks	Orange Chicken, Brown Rice Stir Fry Veggies Cantaloupe
S	Turkey Stick WG Crackers	Danimals® Yogurt, Fresh Orange	WG Flatbread Round, WOWBUTTER® and Jelly	Apple Slices WG Pretzels	Banana WG Goldfish Crackers

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.

Healthy Snack Tips from LCCAA

Keep a range of healthy foods handy at home. It's much easier to make easy, healthy snacks when you keep a few key items stocked.

Ideas include different types of raw vegetables and fruit, yogurt dip, hummus and cheese sticks.

Fresh produce ideas include:

- Apples, bananas, peaches
- Strawberries and grapes
- Carrot or celery sticks
- Grape or cherry tomatoes
- Sliced cucumbers
- Bell pepper strips

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