

LCCAA Head Start Menu for November 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
B	8	WG Banana Bread, Apple Slices	9	WG Mini Wheats Seasonal Melon	10		11	Yogurt, Peach & Granola Parfait	12
L	No School	Build Your Own Nachos: WG Tortilla Chips, Seasoned Beef, Black Beans, Salsa, Shredded Cheese; Clementine		Teriyaki Beef Dippers, Sweet/Sour Dip, WG Fried Rice, Edemame & Corn Salad; Pineapple			No School	Sloppy Joe on WG Bun; Maple Cinnamon Carrots, Diced Pears	
S		WG Graham Crackers Sun Splash Veggie Juice		Diced Pear Cup, WG Educational Crackers				Banana, WG Goldfish Crackers	
B	15	WG Rice Chex Pineapple Tidbits	16	Purple Daze Smoothie WG Bunny Grahams	17	WG Cinnamon Toast Crunch, Diced Peaches	18	Yogurt, Berry & Granola Parfait	19
L	General Tso Beef, WG Brown Rice, Steamed Broccoli, Diced Pears	Build Your Own Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Mango Chunks		BBQ Chicken Sandwich, Cole Slaw Mandarin Oranges		WG Spaghetti w/Meatballs, California Veggies, WG Breadstick, Fresh Fruit Salad		Turkey w/Gravy, Mashed Potatoes, WG Dinner Roll, Seasonal Melon	
S	Turkey Stick WG Saltines	Danimals® Yogurt, Fresh Orange		WG Flatbread Round WOWBUTTER® and Jelly		Local Apple, WG Heartzel Pretzel Bag		Banana, WG Goldfish Crackers	
B	22	WG Cheerios Cereal Pineapple Tidbits	23	Purple Daze Smoothie, WG Bunny Grahams	24		25		26
L	General Tso Beef, WG Brown Rice, Steamed Broccoli, Diced Pears	Build Your Own Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Mango Chunks		BBQ Chicken Sandwich, Cole Slaw Mandarin Oranges			No School	No School	
S	Mango Peach Applesauce, WG Cheez Its	WG Graham Crackers Sun Splash Veggie Juice		Diced Pear Cup, WG Educational Crackers					
B	29	WG Rice Chex Pineapple Tidbits	30	Purple Daze Smoothie WG Bunny Grahams	1	WG Cinnamon Toast Crunch, Diced Peaches	2	Yogurt, Berry & Granola Parfait	3
L	Egg Omelet, Maple Sweet Potatoes, Croissant, Baked Cinnamon Apples	Meatball Sub, Asst. Veggies w/ Ranch, Diced Pears		BBQ Chicken Drumstick, Carrots and Green Beans, WG Corn Bread, Tropical Fruit		WG Mac N Cheese, Steamed Broccoli, Sweet Mango Chunks		Orange Chicken, Brown Rice Stir Fry Veggies Seasonal Melon	
S	Turkey Stick WG Saltines	Danimals® Yogurt, Fresh Orange		WG Flatbread Round WOWBUTTER® and Jelly		Local Apple, WG Heartzel Pretzel Bag		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.

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