

LCCAA – EHS & Head Start Menu

October 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B	WG Cheerios 2 Pineapple Tidbits	WG Banana Bread 3 Apple Slices	WG Mini Wheats 4 Seasonal Melon	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 5	Yogurt, Strawberry & Granola Parfait 6
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	Beef & Veggies w/ Gravy Mashed Potatoes Diced Peaches WG Garlic Twist	WG Ravioli Steamed Green Beans Diced Pears
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
B	WG Cinn Chex or WG Cinn Toast Crunch Pineapple tidbits 9	WG Blueberry Waffle 10 Apple Slices	Purple Daze Smoothie 11 WG Bunny Grahams	WG Banana Muffin 12 Diced Peaches	13
L	Egg Omelet Maple Sweet Potatoes Croissant Baked Cinnamon Apples	Meatball Sub Shredded Cheese Assorted Fresh Veggies w/ Ranch Dip Diced Pears	BBQ Chicken Drumstick Cheese cubes Carrots & Green Beans WG Cornbread Tropical Fruit	Homemade WG Mac-n- Cheese Steamed Broccoli Mango Chunks	No School
S	Turkey Stick WG Crackers	Danimal Yogurt Fresh Orange	WG Flatbread Round WOW Butter & Jelly	APPLE CRUNCH Local Apple WG Pretzels	
B	16	WG Banana Bread 17 Apple Slices	WG Mini Wheats 18 Seasonal Melon	WG Mini Bagel w/ Straw. Cream Cheese Applesauce 19	Yogurt, Strawberry & Granola Parfait 20
L	No School	BUILD A TORTILLA WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa Clementine	Teriyaki Beef Dippers Teriyaki or Sweet Sour Dip Fried Rice Peas Pineapple Tidbits	Turkey w/ Gravy Mashed Potatoes WG Dinner Roll Seasonal Melon	WG Spaghetti w/ Meatballs California Blend Veggies WG Breadstick Fresh Fruit Salad
S		WG Graham Crackers Sun Splash Veggie Juice	Assorted veggies w/ Ranch Cheese Stick	Mandarin Oranges WG Educational Crackers	WG Tortilla Chips Salsa Cup
B	23	24	25	26	27
L	No School	No School	No School	No School	No School
S					
B	30	WG Banana Bread 31 Apple Slices			
L	No School	BUILD A Burger WG Bun, Cheese, Pickle Chips, Ketchup Baked Beans Apricots			
S		WG Graham Crackers Sun Splash Veggie Juice			

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.