

# LCCAA Head Start Menu for October 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>B</b>	WG Rice Chex Pineapple Tidbits	<b>4</b>	WG Blueberry Snack 'n Waffle, Apple Slices	<b>5</b>	Purple Daze Smoothie, WG Bunny Grahams	<b>6</b>	WG Cinn Toast Crunch, Diced Peaches	<b>7</b>	Yogurt, Berry & Granola Parfait
<b>L</b>	Egg Omelet, Maple Sweet Potatoes, Croissant, Baked Cinnamon Apples		Meatball Sub, Asst. Veggies w/ Ranch, Diced Pears		BBQ Chicken Drumstick, Carrots & Green Beans, WG Combread, Tropical Fruit		WG Mac-n-Cheese, Steamed Broccoli, Sweet Mango Chunks		Orange Chicken, Brown Rice, Stir Fry Veggies, Seasonal Melon
<b>S</b>	Turkey Stick, WG Saltines		Danimals® Yogurt, Fresh Orange		WG Flatbread Round, WOWBUTTER® and Jelly		Local Apple, WG Pretzel Bag		Banana, WG Goldfish Crackers
<b>B</b>		<b>11</b>	WG Banana Bread, Apple Slices	<b>12</b>	WG Mini Wheats Seasonal Melon	<b>13</b>	WG Strawberry Mini Bagel, Applesauce	<b>14</b>	<b>15</b>
<b>L</b>	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		WG Wild Mike Pizza Bites w/ Marinara; Tossed Salad w/Toppings; Cheese, Croutons, Asst. Dressing; Tropical Fruit		No School
<b>S</b>			WG Graham Crackers Sun Splash Veggie Juice		Diced Pear Cup, WG Educational Crackers		APPLE CRUNCH DAY Local Apple, Cheese Cubes		
<b>B</b>		<b>18</b>	WG Blueberry Snack'n Waffle Apple Slices	<b>19</b>	Purple Daze Smoothie WG Bunny Grahams	<b>20</b>	WG Cinn Toast Crunch Diced Peaches	<b>21</b>	Yogurt, Berry & Granola Parfait
<b>L</b>	No School		Build Your Own Tortilla: WG Tor- tilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Mango Chunks		BBQ Chicken Sandwich, Cole Slaw Mandarin Oranges		WG Spaghetti w/Meatballs, California Veggies, WG Bread- stick, Fresh Fruit Salad		Turkey w/Gravy, Mashed Potatoes, WG Dinner Roll, Seasonal Melon, <b>Try Day: Plantains</b>
<b>S</b>			Danimals® Yogurt, Fresh Orange		WG Flatbread Round WOWBUTTER® and Jelly		Local Apple, WG Pretzel Bag		Banana, WG Goldfish Crackers
<b>B</b>		<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>	<b>29</b>
<b>L</b>									
<b>S</b>									

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.

## Apple Crunch Returns Oct. 14



Head Start students will participate in Virtual Great Apple Crunch at noon Oct. 14 by enjoying

locally grown apples. A kit for making applesauce will also be sent home.

The Crunch promotes healthy eating and supports farmers. Households as well as educational organizations are welcome to register this year at: [cias.wisc.edu/applecrunch/](https://cias.wisc.edu/applecrunch/)

In 2020, more than 800,000 participants crunched. This year's goal is one million.

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	