

LCCAA Head Start Menu for September 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
B L S	6	WG Blueberry Snack 'n Waffle, Apple Slices	7	Purple Daze Smoothie, WG Bunny Grahams	8	WG Cinn Toast Crunch, Diced Peaches	9	Yogurt, Berry & Granola Parfait	10
	No School	Meatball Sub, Asst. Veggies w/ Ranch, Diced Pears	BBQ Chicken Drumstick, Carrots & Green Beans, WG Cornbread, Tropical Fruit	WG Mac-n-Cheese, Steamed Broccoli, Sweet Mango Chunks	Local Apple, WG Pretzel Bag	Orange Chicken, Brown Rice, Stir Fry Veggies, Seasonal Melon	Banana, WG Goldfish Crackers		
		Danimals® Yogurt, Fresh Orange	WG Flatbread Round, WOWBUTTER® and Jelly						
B L S	13	WG Cheerios Cereal, Pineapple Tidbits	14	WG Mini Wheats Seasonal Melon	15	WG Strawberry Mini Bagel, Applesauce	16	Yogurt, Peach & Granola Parfait	17
		Veggie Chili w/Cheese WG Cornbread Apricots	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	Homemade Sloppy Joe, Maple Cinnamon Carrots, Diced Pears	WG Tortilla Chips, Salsa		
		Mango-Peach Applesauce, WG Cheez-Its	WG Graham Crackers Sun Splash Veggie Juice	Dice Pear Cup, WG Educational Crackers	Asst. Raw Veggies, Ranch Dressing, Cheese Stick				
B L S	20	WG Blueberry Snack'n Waffle Apple Slices	21	Purple Daze Smoothie WG Bunny Grahams	22	WG Cinn Toast Crunch Diced Peaches	23	Yogurt, Berry & Granola Parfait	24
		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	Banana, WG Goldfish Crackers		
		Turkey Stick, WG Saltines	Danimals® Yogurt, Fresh Orange	WG Flatbread Round WOWBUTTER® and Jelly	Local Apple, WG Pretzel Bag				
B L S	27	WG Banana Bread Apple Slices	28	WG Mini Wheats Seasonal Melon	29	WG Strawberry Mini Bagel, Applesauce	30	Yogurt, Peach & Granola Parfait	1
		WG Cheerios Cereal, Pineapple Tidbits	Build Your Own 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	TRY DAY: Cauliflower Fried Rice with Turkey Ham; Mandarin Oranges, Fortune Cookie	WG Tortilla Chips, Salsa		
		WG Lasagna Roll-up, Steamed Green Beans Pears	TRY DAY: Cauliflower w/Ranch WG Graham Crackers	Diced Pears, WG Educational Crackers	Raw Veggies w/Ranch Dip, Cheese Stick				

Milk is served daily at breakfast and 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 and 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	