

LCCAA Head Start Menu for September 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
B	5	WG Blueberry Waffle Apple Slices	6	Purple Daze Smoothie, WG Bunny Grahams	7	WG Banana Muffin Diced Peaches	8	Yogurt, Berry & Granola Parfait	9
	No School		Meatball Sub, Bell Peppers w/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, Watermelon			
			Danimals® Yogurt, Fresh Orange	WG Flatbread Round, WOWBUTTER® and Jelly	Local Apple, WG Pretzels	Banana, WG Goldfish Crackers			
B	12	WG Cheerios Cereal, Pineapple Tidbits	13	WG Mini Wheats Cantaloupe	14	WG Mini Bagel w/ Strawberry Cream Cheese, Applesauce	15	Yogurt, Strawberry & Granola Parfait	16
	L	WG Cavatappi Mac-n-Cheese Broccoli Mixed Fruit Salad	Build a Tortilla: WG Tortilla, Seasoned Chicken, Cheese, Lettuce, Salsa; Clementine	Teriyaki Beef Dippers, Teriyaki or Sweet/Sour Dip, WG Fried Rice, Peas, Pineapple Tidbits	Bosco® with Marinara, Tossed Salad with Toppings: Cheese, Croutons, French or Ranch Dressing, Tropical Fruit	Homemade Sloppy Joe, Maple Cinnamon Carrots, Diced Pears			
	S	Mango-Peach Applesauce, WG Cheez-Its	WG Graham Crackers Sun Splash Veggie Juice	Carrots with Ranch Cheese Stick	Diced Pear WG Educational Crackers	WG Tortilla Chips, Salsa			
B	19	WG Cinn Chex or Cinn Toast Crunch, Pineapple Tidbits	20	WG Blueberry Waffle Apple Slices	21	Purple Daze Smoothie WG Bunny Grahams	22	WG Banana Muffin Diced Peaches	23
	L	General Tso Beef, WG Brown Rice, Steamed Broccoli, Diced Pears	Build Your Own Nachos: WG Tor- tilla Chips, Seasoned Beef, Black Beans, Salsa, Cheese; Mango	BBQ Chicken Sandwich, Cole Slaw Mandarin Oranges	WG Spaghetti w/Meatballs, Roasted Zucchini & Squash, WG Breadstick, Fresh Fruit Salad	Turkey w/Gravy, Mashed Potatoes, WG Dinner Roll, Honeydew			
	S	Turkey Stick, WG Saltines	Danimals® Yogurt, Fresh Orange	WG Flatbread Round WOWBUTTER® and Jelly	Local Apple, WG Pretzels	Banana, WG Goldfish Crackers			
B	26	WG Cheerios Cereal, Pineapple Tidbits	27	WG Banana Bread Apple Slices	28	WG Mini Wheats Watermelon	29	WG Mini Bagel w/Strawberry Cream Cheese, Applesauce	30
	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-Its	WG Graham Crackers Sun Splash Veggie Juice	Broccoli and Cauliflower w/Ranch Cheese Stick	Diced Pear WG Educational Crackers	WG Tortilla Chips, Salsa			

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

To lead a healthy, active lifestyle families can strive to reach these goals:

- ▶ 5 fruits and vegetables a day
- ▶ 2 hours or less of screen time (TV, computer, video games) per day
- ▶ 1 hour of physical activity a day
- ▶ 0 sugar-sweetened drinks

In addition, make small changes in your routines to help everyone lead healthier active lives. Try:

- ▶ Regularly eating meals together as a family.
- ▶ Preparing food at home as a family.
- ▶ Eating a diet rich in low-fat calcium and high in fiber.

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