***LCCAA – Head Start Menu***

**September 2024- Shelf Stable**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **B** |  |  |  | **29**  **WG Educational Crackers**  **Applesauce** | **30**  **WG Mini Wheat**  **Diced pears** |
| **L** |  |  |  | **WOW Butter,**  **Cheddar Cheese Stick, Apple Cinn. Bear Grahams, Regular Applesauce unsweetened**  **100% Vegetable Juice** | **Jack Links BBQ Chicken Tender Bites, Cheddar Cheese Stick, Chili Lime Crackers, Regular Applesauce unsweetened 100% Vegetable Juice** |
| **S** |  |  |  | **WG Goldfish**  **Diced Pears** | **WG Tortilla Chips**  **Salsa** |
| **B** | **2** | **3WG Cinn. Toast Crunch**  **Diced Peaches** | **4**  **WG Bunny Grahams**  **Pineapple Tidbits** | **5**  **WG Educational Crackers**  **Applesauce** | **6**  **WG Mini Wheat**  **Diced pears** |
| **L** | **LABOR DAY CLOSED** | **Bean Dip 4.5oz**  **WG Corn Chips,**  **Regular Applesauce unsweetened,**  **100% Vegetable Juice** | **Jack Links BBQ Chicken Tender Bites, Cheddar Cheese Stick, WG Cheez It Crackers, Flavored Applesauce unsweetened**  **100% Vegetable Juice** | **Marinara Cup,**  **Cheddar Cheese Stick, Turkey Stick,**  **MJM Pizza Crackers,**  **100% Fruit Juice** | **Mozzarella Stick,**  **Cheddar Cheese Stick,**  **Marinara Cup,**  **WG Tortilla,**  **100% Fruit Juice** |
| **s** |  | **Pretzels**  **Choc Chickpea spread** | **Applesauce**  **WG Simply Cheddar Chex Mix** | **WG Goldfish**  **Diced Pears** | **WG Tortilla Chips**  **Salsa** |
| **B** | **9**  **WG Cheerios Cereal**  **Pineapple Tidbits** | **10WG Frosted Flakes**  **Diced Peaches** | **11**  **WG Bunny Grahams**  **Pineapple Tidbits** | **12**  **WG Educational Crackers**  **Applesauce** | **13**  **WG Mini Wheat**  **Diced pears** |
| **L** | **Cheddar Cheese Cup, Cheddar Cheese Stick WG pizza crackers, applesauce cup,**  **Dragon Punch vegetable juice** | **WOW Butter,**  **Cheddar Cheese Stick, Apple Cinn. Bear Grahams, Regular Applesauce unsweetened**  **100% Vegetable Juice** | **2 beef sticks,**  **Cheddar Cheese Stick**  **MJM Wheat crackers, Flavored Unsweetened Applesauce,**  **100% vegetable juice** | **Jack Links BBQ Chicken Tender Bites, Cheddar Cheese Stick, Chili Lime Crackers, Regular Applesauce unsweetened 100% Vegetable Juice** | **Bean Dip 4.5oz**  **Corn Chips,**  **Regular Applesauce unsweetened,**  **100% Vegetable Juice** |
| **S** | **Mango peach applesauce**  **WG Cheez It** | **Pretzels**  **Choc Chickpea spread** | **Applesauce**  **WG Simply Cheddar Chex Mix** | **WG Goldfish**  **Diced Pears** | **WG Tortilla Chips**  **Salsa** |
| **B** | **16** | **17**  **WG Frosted Flakes**  **Diced Peaches** | **18**  **WG Bunny Grahams**  **Pineapple Tidbits** | **19 WG Educational Crackers**  **Applesauce** | **20**  **WG Mini Wheat**  **Diced pears** |
| **L** | **PD Day-**  **Classes Closed** | **Marinara Cup,**  **Cheddar Cheese Stick, Turkey Stick,**  **MJM Pizza Crackers,**  **100% Fruit Juice** | **Jack Links BBQ Chicken Tender Bites, Cheddar Cheese Stick, WG Cheez It Crackers, Flavored Applesauce unsweetened**  **100% Vegetable Juice** | **Mozzarella Stick,**  **Cheddar Cheese Stick,**  **Marinara Cup,**  **WG Tortilla,**  **100% Fruit Juice** | **Variety Day of Shelf stable lunches** |
| **s** |  | **Pretzels**  **Choc Chickpea spread** | **Applesauce**  **WG Simply Cheddar Chex Mix** | **WG Goldfish**  **Diced Pears** | **WG Tortilla Chips**  **Salsa** |

*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.

Revised 8/23/24 MG