***LCCAA – Head Start Menu***

**September 2024- Shelf Stable**

|  |  |  |  |  |  |
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|  | **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