

# SEPTEMBER | 2020



Lake-Geauga United Head Start, Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31</b> *life cereal, juice, milk  Beef ravioli, corn bread, mixed veggies, melon, milk	<b>1</b> Biscuit, Banana, milk  Ham on *wheat bread, cucumber slices, pineapple, milk	<b>2</b> Strawberry/banana yogurt, juice, milk  Hamburger on *bun, tater tots, cauliflower, strawberries, milk	<b>3</b> Waffles, juice, milk  *Chicken tenders, green beans, pears, milk	<b>4</b>  NO SCHOOL
<b>7</b>  Closed Labor Day	<b>8</b> Pancakes, juice, milk  Rigatoni & meatballs, tossed salad, peaches, milk	<b>9</b> Corn flakes, orange slices, milk  Pork chop, *roll, mashed potatoes, cantaloupe, milk	<b>10</b> Cinnamon bread, juice, milk  Sloppy Joe meat, *tortilla chips, celery sticks, banana, milk	<b>11</b>  NO SCHOOL
<b>14</b> *Blueberry muffin, juice, milk  Beef soft tacos, corn mandarin oranges, milk	<b>15</b> *English muffin, juice, milk  Ham slice, *roll, scalloped potatoes, orange slices, milk	<b>16</b> Raspberry rainbow yogurt, juice, milk  *fiestada pizza, green pepper slices, pineapple, milk	<b>17</b> *Corn Chex cereal, juice, milk  *Popcorn chicken, carrot sticks, pears, milk	<b>18</b>  NO SCHOOL
<b>21</b> *Kix cereal, juice, milk  Meatloaf, *roll, mashed potatoes, mango, milk	<b>22</b> *French toast sticks, juice, milk  Cheese burger on *bun, banana, carrot sticks, milk	<b>23</b> Sausage patty, juice, milk  *Grilled cheese sandwich, tomato soup, peaches, milk	<b>24</b> Rice krispie cereal, juice, milk  Turkey on *wheat, cucumber slices, applesauce, milk	<b>25</b>  NO SCHOOL
<b>28</b> *Rice chex cereal, juice, milk  Cheesy breadstick, broccoli, pineapple, milk	<b>29</b> *chocolate mini wheat cereal, juice, milk  Hot dog on *bun, green beans, tropical fruit, milk	<b>30</b> *cheerios, banana milk  Spaghetti & meatballs, tossed salad, apple slices, milk	<b>1</b>  NO SCHOOL	<b>2</b>  NO SCHOOL

## News

Serving Sized for 3-5 year olds

## Breakfast

Veg, fruit, or both ½ cup  
 Grains, ounce equivalents  
 Cereal: hot ¼ cup  
 Cereal: (dry/cold)  
 Flakes or round ½ cup  
 Puffed cereal ¾ cup  
 Granola 1/8 cup  
 Milk ¾ cup

## Lunch

Meat, meat alternates 1 ½ oz.  
 Vegetables ¼ cup  
 Fruit ¼ cup  
 Grains, ounce equivalents  
 Cooked pasta ¼ cup  
 Cheese 1 ½ oz.  
 Yogurt 6 oz.  
 Milk ¾ cup

## Snack

Meat, meat alternates ½ oz.  
 Cheese ½ oz.  
 Yogurt 2oz. or ¼ cup  
 Vegetables ½ cup  
 Fruit ½ cup  
 Grains, ounce equivalents  
 Milk 4oz.

All fruit juice is 100% juice  
**If your child has allergies or other food concerns, please contact your family advocate.**

\*Whole Grain

This Institution is an equal opportunity provider.

\*\*Substitutions may be made when necessary