



# DECEMBER | 2021

## Lake-Geauga United Head Start, Inc.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<b>29</b>	<b>30</b>	<b>1</b> * <b>Cheerios</b> , banana, milk  Spaghetti & meatballs, tossed salad, applesauce, milk  * <b>Sun Chips</b> , juice	<b>2</b> Egg & cheese muffin, juice, milk  Chicken patty on * <b>bun</b> , carrots, mandarin oranges, milk  Raisins, graham crackers, water	<b>3</b>  <b>NO SCHOOL</b>
<b>6</b> * <b>Life Cereal</b> , juice, milk  Beef ravioli, corn bread, corn, melon, milk  Graham crackers, milk	<b>7</b> Biscuit, banana, juice, milk  * <b>Chicken tenders</b> , green beans, pears, milk  Pretzels, applesauce, water	<b>8</b> Strawberry banana yogurt, juice, milk  CN-Hamburger on * <b>bun</b> , tater tots, strawberries, milk  Orange slices, milk	<b>9</b> Waffle, juice, milk  Ham on * <b>wheat bread</b> , cucumber slices, pineapple, milk  Carrot sticks, milk	<b>10</b>  <b>NO SCHOOL</b>
<b>13</b> Bagel w/spread, juice, milk  * <b>Pepperoni pizza</b> , broccoli, apple slices, milk  * <b>Sun chips</b> , milk	<b>14</b> * <b>Pancakes</b> , juice, milk  Rigatoni & meatballs, tossed salad, peaches, milk  * <b>Cheerios</b> , milk	<b>15</b> Cornflakes, orange slices, milk  CN-Pork chop, * <b>roll</b> , mashed potatoes, banana, milk  String cheese, juice	<b>16</b> Cinnamon bread, juice, milk  Sloppy Joe meat, * <b>tortilla chips</b> , celery sticks, cantaloupe, milk  Pineapple, vanilla yogurt, water	<b>17</b>  <b>NO SCHOOL</b>
<b>20</b>  <b>NO SCHOOL</b>	<b>21</b>  <b>NO SCHOOL</b>	<b>22</b>  <b>NO SCHOOL</b>	<b>23</b>  <b>NO SCHOOL</b>	<b>24</b>  <b>NO SCHOOL</b>
<b>27</b>  <b>NO SCHOOL</b>	<b>28</b>  <b>NO SCHOOL</b>	<b>29</b>  <b>NO SCHOOL</b>	<b>30</b>  <b>NO SCHOOL</b>	<b>31</b>  <b>NO SCHOOL</b>

### News

Serving Sizes for 3-5 year olds

#### Breakfast

Veg, fruit, or both ½ cup  
 Grains ½ oz eq.  
 Cereal: hot ¼ cup  
 Cereal: (dry, cold)  
 Flakes or rounds 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 ½ oz eq.  
 Cooked pasta ¼ cup  
 Cheese 1 ½ oz  
 Yogurt 6 oz  
 Milk ¾ cup

#### Snack

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

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