



JANUARY | 2022

Lake-Geauga United Head Start, Inc.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3 CLOSED</p>	<p>4 *English muffin, juice, milk Ham slice, *roll, scalloped potatoes, applesauce, milk *Tortilla chips, salsa, water</p>	<p>5 Raspberry rainbow yogurt, juice, milk *Fiestada pizza, green pepper slices, pineapple, milk Corn bread, milk</p>	<p>6 *Corn Chex cereal, juice, milk CN-*Popcorn chicken, carrot sticks, pears, milk Cottage cheese, peaches, water</p>	<p>7 NO SCHOOL</p>
<p>10 Kix Cereal, juice, milk *Mac and cheese, green beans, mango, milk Graham crackers, milk</p>	<p>11 *French toast sticks, juice, milk CN-Cheeseburger on bun, banana, carrot sticks, milk Soft pretzel, milk</p>	<p>12 Sausage patty, juice, milk *Grilled cheese sandwich, tomato soup, peaches, milk *English muffin, milk</p>	<p>13 Rice krispie cereal, juice, milk Turkey on *wheat, cucumber slices, applesauce, milk Celery sticks, cream cheese, milk</p>	<p>14 NO SCHOOL</p>
<p>17 MLK DAY NO SCHOOL</p>	<p>18 Strawberry yogurt, juice, milk Hot dog on *bun, green beans, tropical fruit, milk Apple slices, cheese cubes, water</p>	<p>19 *Cheerios, banana, milk Spaghetti & meatballs, tossed salad, applesauce, milk *Sun Chips, juice</p>	<p>20 Egg & cheese muffin, juice, milk Chicken patty on *bun, carrots, mandarin oranges, milk Raisins, graham crackers, water</p>	<p>21 NO SCHOOL</p>
<p>24 *Life Cereal, juice, milk Beef ravioli, corn bread, corn, melon, milk Graham crackers, milk</p>	<p>25 Biscuit, banana, juice, milk *Chicken tenders, green beans, pears, milk Pretzels, applesauce, water</p>	<p>26 Strawberry banana yogurt, juice, milk CN-Hamburger on *bun, tater tots, strawberries, milk Orange slices, milk</p>	<p>27 Waffle, juice, milk Ham on *wheat bread, cucumber slices, pineapple, milk Carrot sticks, milk</p>	<p>28 NO SCHOOL</p>
<p>31 Bagel w/spread, juice, milk *Pepperoni pizza, broccoli, apple slices, milk *Sun chips, milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

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.