MAY | 2022

Lake-Geauga United Head Start, Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Kix Cereal, juice, milk Meatloaf, ***roll,** mashed potatoes, mango, milk Graham crackers, milk	**3** ***French toast sticks,** juice, milk **CN-**Cheeseburger on bun, banana, carrot sticks, milk Soft pretzel, milk	**4** Sausage patty, juice, milk ***Grilled cheese sandwich,** tomato soup, peaches, milk ***English muffin,** milk	**5** Rice krispie cereal, juice, milk Turkey on ***wheat,** cucumber slices, applesauce, milk Celery sticks, cream cheese, milk	**6** **NO SCHOOL**
9 ***Rice Chex cereal,** juice, milk **CN-**Cheesy breadstick, broccoli, pineapple, milk Cheez-its, milk	**10** ***Chocolate mini wheats,** juice, milk Hot dog on ***bun,** green beans, tropical fruit, milk Apple slices, cheese cubes, water	**11** ***Cheerios,** banana, milk Spaghetti & meatballs, tossed salad, apple slices, milk ***Sun Chips,** juice	**12** Egg & cheese muffin, juice, milk Chicken patty on ***bun,** carrots, mandarin oranges, milk Raisins, graham crackers, water	**13** **NO SCHOOL**
16 ***Life Cereal,** juice, milk Beef ravioli, corn bread, corn, melon, milk Graham crackers, milk	**17** Biscuit, banana, milk Ham on ***wheat bread,** cucumber slices, pineapple, milk Carrot sticks, juice	**18** Strawberry/banana yogurt, juice, milk **CN-**Hamburger on ***bun,** tater tots, strawberries, milk Orange slices, milk	**19** Waffles, juice, milk ***Chicken tenders,** green beans, pears, milk Pretzels, applesauce, water	**20** **NO SCHOOL**
23 Bagel w/spread, juice, milk ***Pepperoni pizza,** broccoli, apple slices, milk ***Sun chips**, milk	**24** ***Pancakes,** juice, milk Rigatoni & meatballs, tossed salad, peaches, milk ***Cheerios**, milk	**25** Cornflakes, orange slices, milk **CN-**Pork chop, ***roll,** mashed potatoes, cantaloupe, milk String cheese, juice	**26** Cinnamon bread, juice, milk Sloppy Joe meat, ***tortilla chips,** celery sticks, banana, milk Pineapple, vanilla yogurt, water	**27** **NO SCHOOL**
30 **NO SCHOOL**	**31** **NO SCHOOL**	**1**	**2**	**3**

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.

**Indicates Whole Grain* *This Institution is an equal opportunity provider.* *Substitutions may be made when necessary.* *CN-Child Nutrition*