



# DECEMBER | 2022

Lake-Geauga United Head Start, Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> *Corn chex cereal, juice, milk  *Cheesy Breadstick (CN), broccoli, pineapple, milk  *Cheese-its, milk	<b>29</b> Strawberry banana yogurt, juice, milk  Hot dog on *bun, green beans, tropical fruit, milk  Crackers, cheese cubes, water	<b>30</b> *Cheerios, banana, milk  Spaghetti & meatballs, salad, applesauce, milk  *Sun chips, juice	<b>1</b> Egg omelet, juice, milk  *Chicken patty (CN) on *bun, cooked carrots, mandarin oranges, milk  String cheese, milk	<b>2</b>  NO SCHOOL
<b>5</b> *Life cereal, juice, milk  Beef Ravioli, *roll, corn, melon Milk  *Graham Crackers, milk	<b>6</b> *Cheerios, banana, milk  *Chicken tenders (CN), green beans, pears, milk  Pretzels, juice	<b>7</b> Strawberry banana yogurt, juice, milk  Turkey burger (CN) on *bun, tater tots, orange slices, milk  *Goldfish crackers, milk	<b>8</b> *Waffle, juice, milk  Ham on *bread, cucumbers, pineapple, milk  Carrot sticks, milk	<b>9</b>  NO SCHOOL
<b>12</b> Bagel with spread, juice, milk  *Pepperoni pizza (CN), broccoli, apple slices, milk  *Sun chips, milk	<b>13</b> *Pancakes, juice, milk  Rigatoni & meatballs, tossed salad, peaches, milk  *Cheerios, milk	<b>14</b> Cornflakes, juice, milk  *Cheese quesadilla (CN), French fries, banana, milk  *Graham crackers, milk	<b>15</b> Cinnamon bread, juice Milk  Sloppy joe meat, *tortilla chips, celery, tropical fruit, milk  Vanilla yogurt, pineapple, water	<b>16</b>  NO SCHOOL
<b>19</b> *Blueberry muffin, juice, milk  Beef soft tacos, corn, mandarin oranges, milk  *Tortilla chips, cheese dip, water	<b>20</b> *English muffin, juice, milk  Ham on *bread, cucumber, apple slices, milk  *Goldfish crackers, milk	<b>21</b>  NO SCHOOL	<b>22</b>  NO SCHOOL	<b>23</b>  NO SCHOOL
<b>26</b>  NO SCHOOL	<b>27</b>  NO SCHOOL	<b>28</b>  NO SCHOOL	<b>29</b>  NO SCHOOL	<b>30</b>  NO SCHOOL

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.