



MARCH | 2023

Lake-Geauga United Head Start, Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 *Blueberry muffin, juice, milk Beef soft tacos, corn, mandarin oranges, milk *Goldfish crackers, milk	28 *English muffin, juice, milk Turkey, *roll, scalloped potatoes, applesauce, milk *Tortilla chips, cheese dip, water	1 Rainbow raspberry yogurt, juice, milk *Pizza bites, green pepper slices, pineapple, milk Corn bread, milk	2 Corn chex cereal, juice, milk *Popcorn chicken, French fries, pears, milk Cottage cheese, peaches, water	3 NO SCHOOL
6 *Kix cereal, juice, milk *Mac & Cheese, green beans, mango milk *Graham crackers, milk	7 *French toast sticks, juice, milk Meatball sub on *bun, banana, carrot sticks, milk Soft pretzel with cheese dip, milk	8 Sausage patty (CN), *bread, juice, milk *Grilled cheese sandwich, tomato soup, peaches, milk Biscuit and jelly, milk	9 *Apple cinnamon muffin, juice, milk Turkey on *bread, cucumber slices, applesauce, milk Celery sticks with cream cheese, milk	10 NO SCHOOL
13 *Corn chex cereal, juice, milk *Cheesy Breadstick (CN), broccoli, pineapple, milk *Cheese-its, milk	14 Strawberry banana yogurt, juice, milk Hot dog (CN) on *bun, green beans, tropical fruit, milk Crackers, cheese cubes, water	15 *Cheerios, banana, milk Spaghetti & meatballs, salad, applesauce, milk *Sun chips, juice	16 Egg omelet, juice, milk *Chicken patty (CN) on *bun, cooked carrots, mandarin oranges, milk String cheese, milk	17 NO SCHOOL
20 *Life cereal, juice, milk Beef Ravioli, *roll, corn, melon Milk *Graham Crackers, milk	21 *Cheerios, banana, milk *Chicken tenders (CN), green beans, pears, milk Pretzels, juice	22 Strawberry banana yogurt, juice, milk Turkey burger (CN) on *bun, tater tots, orange slices, milk *Goldfish crackers, milk	23 *Waffle, juice, milk Ham on *bread, cucumbers, pineapple, milk Carrot sticks, milk	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 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.