

AUGUST | 2023

Lake-Geauga United Head Start, Inc.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21 *Life cereal, juice, milk Beef ravioli, *roll, corn, melon, milk *Graham crackers, milk	22 *Toasted oats cereal, milk, banana *Chicken tenders (CN), green beans, pears, milk Pretzels, juice	23 Strawberry banana yogurt, juice, milk Turkey Burger (CN) on *bun, tater tots, orange slices, milk *Goldfish crackers, milk	24 *Waffle, juice, milk Ham on *bread, cucumber slices, pineapple, milk Carrot sticks, milk	25 NO SCHOOL
28 Bagel w/ spread, juice, milk *Pepperoni pizza (CN), broccoli, peaches, milk *Sun chips, milk	29 *Pancakes, juice, milk Rigatoni & Meatballs, salad, apple slices, milk *Toasted oats cereal, milk	30 Cornflakes, juice, milk *Cheese quesadilla (CN), french fries, banana, milk *Graham crackers, milk	31 Cinnamon bread, juice, milk Sloppy joe meat, *tortilla chips, celery, tropical fruit, milk Vanilla yogurt, pineapple, water	1 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
 Skim 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
 Skim 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.
 Skim 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