

SEPTEMBER | 2023

Lake-Geauga United Head Start, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 Bagel w/ spread, juice, milk</p> <p>*Pepperoni pizza (CN), broccoli, peaches, milk</p> <p>*Sun chips, milk</p>	<p>29 *Pancakes, juice, milk</p> <p>Rigatoni & Meatballs, salad, apple slices, milk</p> <p>*Toasted oats cereal, milk</p>	<p>30 Cornflakes, juice, milk</p> <p>*Cheese quesadilla (CN), french fries, banana, milk</p> <p>*Graham crackers, milk</p>	<p>31 Cinnamon bread, juice, milk</p> <p>Sloppy joe meat, *tortilla chips, celery, tropical fruit, milk</p> <p>Vanilla yogurt, pineapple, water</p>	<p>1</p> <p>NO SCHOOL</p>
<p>4</p> <p>NO SCHOOL</p>	<p>5 *English muffin, juice, milk</p> <p>Turkey, *roll, scalloped potatoes, applesauce, milk</p> <p>*Tortilla chips, cheese dip, water</p>	<p>6 Raspberry rainbow yogurt, juice, milk</p> <p>*Pizza bites, green pepper slices, pineapple, milk</p> <p>Corn bread, milk</p>	<p>7 *Corn chex cereal, juice, milk</p> <p>*Popcorn chicken (CN), french fries, pears, milk</p> <p>Cottage cheese, peaches, water</p>	<p>8</p> <p>NO SCHOOL</p>
<p>11 *Kix cereal, juice, milk</p> <p>*Mac & Cheese, green beans, mango, milk</p> <p>*Graham crackers, milk</p>	<p>12 *French toast, juice, milk</p> <p>Meatball sub on *bun, banana, carrot sticks, milk</p> <p>Soft pretzel, cheese dip, milk</p>	<p>13 *Apple cinnamon muffin, milk</p> <p>*Grilled cheese sandwich, tomato soup, peaches, milk</p> <p>Biscuit and jelly, juice</p>	<p>14 Sausage patty (CN), Orange slices, milk</p> <p>Turkey on *bun, cucumber, applesauce, milk</p> <p>Celery and cream cheese, juice</p>	<p>15</p> <p>NO SCHOOL</p>
<p>18 *Corn chex, juice, milk</p> <p>*Cheesy breadstick (CN), broccoli, pineapple, milk</p> <p>*Cheez-its, milk</p>	<p>19 Strawberry banana yogurt, juice, milk</p> <p>Hot dog (CN) on *bun, green beans, tropical fruit, milk</p> <p>Crackers, cheese cubes, water</p>	<p>20 *Toasted oats cereal, banana, milk</p> <p>Spaghetti & meatballs, salad, applesauce, milk</p> <p>*Sun chips, juice</p>	<p>21 Egg omelet, juice, milk</p> <p>*Chicken patty (CN) on *bun, cooked carrots, mandarin oranges, milk</p> <p>String cheese, milk</p>	<p>22</p> <p>NO SCHOOL</p>
<p>25 *Life cereal, juice, milk</p> <p>Beef ravioli, *roll, corn, melon, milk</p> <p>*Graham crackers, milk</p>	<p>26 *Toasted oats cereal, banana, milk</p> <p>*Chicken tenders (CN), green beans, pears, milk</p> <p>Pretzels, juice</p>	<p>27 Strawberry banana yogurt, juice, milk</p> <p>Turkey Burger (CN) on *bun, tater tots, orange slices, milk</p> <p>*Goldfish crackers, milk</p>	<p>28 *Waffle, juice, milk</p> <p>Ham on *bread, cucumber slices, pineapple, milk</p> <p>Carrot sticks, milk</p>	<p>29</p> <p>NO SCHOOL</p>

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.