

OCTOBER | 2023

Lake-Geauga United Head Start, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bagel w/ spread, juice, milk *Pepperoni pizza (CN) , broccoli, peaches, milk *Sun chips , milk	3 *Pancakes , juice, milk Rigatoni & Meatballs, salad, apple slices, milk *Toasted oats cereal , milk	4 Cornflakes, juice, milk *Cheese quesadilla (CN) , french fries, banana, milk *Graham crackers , milk	5 Cinnamon bread, juice, milk Sloppy joe meat, *tortilla chips , celery, tropical fruit, milk Vanilla yogurt, pineapple, water	6 NO SCHOOL
9 *Blueberry muffin , juice, milk Beef soft tacos, corn, mandarin oranges, milk *Goldfish crackers , milk	10 *English muffin , juice, milk Turkey, *roll , scalloped potatoes, applesauce, milk *Tortilla chips , cheese dip, water	11 Raspberry rainbow yogurt, juice, milk *Pizza bites , green pepper slices, pineapple, milk Corn bread, milk	12 *Corn chex cereal , juice, milk *Popcorn chicken (CN) , french fries, pears, milk Cottage cheese, peaches, water	13 NO SCHOOL
16 *Kix cereal , juice, milk *Mac & Cheese , green beans, mango, milk *Graham crackers , milk	17 *French toast , juice, milk Meatball sub on *bun , banana, carrot sticks, milk Soft pretzel, cheese dip, milk	18 *Apple cinnamon muffin , milk, juice *Grilled cheese sandwich , tomato soup, peaches, milk Biscuit and jelly, milk	19 Sausage patty (CN) , Orange slices, milk Turkey on *bun , cucumber, applesauce, milk Celery and cream cheese, juice	20 NO SCHOOL
23 *Corn chex , juice, milk *Cheesy breadstick (CN) , broccoli, pineapple, milk *Cheez-its , milk	24 Strawberry banana yogurt, juice, milk Hot dog (CN) on *bun , green beans, tropical fruit, milk Crackers, cheese cubes, water	25 *Toasted oats cereal , banana, milk Spaghetti & meatballs, salad, applesauce, milk *Sun chips , juice	26 Egg omelet, juice, milk *Chicken patty (CN) on *bun , cooked carrots, mandarin oranges, milk String cheese, milk	27 NO SCHOOL
30 *Life cereal , juice, milk Beef ravioli, *roll , corn, melon, milk *Graham crackers , milk	31 *Toasted oats cereal , banana, milk *Chicken tenders (CN) , green beans, pears, milk Pretzels, juice	1 Strawberry banana yogurt, juice, milk Turkey Burger (CN) on *bun , tater tots, orange slices, milk *Goldfish crackers , milk	2 *Waffle , juice, milk Ham on *bread , cucumber slices, pineapple, milk Carrot sticks, milk	3 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.