

# NOVEMBER | 2023



## Lake-Geauga United Head Start, Inc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> *Life cereal, juice, milk  Beef ravioli, *roll, corn, melon, milk  *Graham crackers, milk	<b>31</b> *Toasted oats cereal, banana, milk  *Chicken tenders (CN), green beans, pears, milk  Pretzels, juice	<b>1</b> Strawberry banana yogurt, sausage, juice, milk  Turkey Burger (CN) on *bun, tater tots, orange slices, milk  *Goldfish crackers, milk	<b>2</b> *Waffle, juice, milk  Ham on *bread, cucumber slices, pineapple, milk  Carrot sticks, milk	<b>3</b>  NO SCHOOL
<b>6</b> Bagel w/ spread, juice, milk  *Pepperoni pizza (CN), broccoli, peaches, milk  *Sun chips, milk	<b>7</b>  NO SCHOOL	<b>8</b> Cornflakes, juice, milk  *Cheese quesadilla (CN), french fries, banana, milk  *Graham crackers, milk	<b>9</b> Cinnamon bread, juice, milk  Sloppy joe meat, *tortilla chips, celery, tropical fruit, milk  Vanilla yogurt, pineapple, water	<b>10</b>  NO SCHOOL
<b>13</b> *Blueberry muffin, juice, milk  Beef soft tacos, corn, mandarin oranges, milk  *Goldfish crackers, milk	<b>14</b> *English muffin, juice, milk  Turkey, *roll, scalloped potatoes, applesauce, milk  *Tortilla chips, cheese dip, water	<b>15</b> Raspberry rainbow yogurt, sausage, juice, milk  *Pizza bites, green pepper slices, pineapple, milk  Corn bread, milk	<b>16</b> *Corn chex cereal, juice, milk  *Popcorn chicken (CN), french fries, pears, milk  Cottage cheese, peaches, water	<b>17</b>  NO SCHOOL
<b>20</b> *Kix cereal, juice, milk  *Mac & Cheese, green beans, mango, milk  *Graham crackers, milk	<b>21</b> *French toast, juice, milk  Meatball sub on *bun, banana, carrot sticks, milk  Soft pretzel, cheese dip, milk	<b>22</b>  NO SCHOOL	<b>23</b>  NO SCHOOL	<b>24</b>  NO SCHOOL
<b>27</b> *Corn chex, juice, milk  *Cheesy breadstick (CN), broccoli, pineapple, milk  *Cheez-its, milk	<b>28</b> Strawberry banana yogurt, sausage, juice, milk  Hot dog (CN) on *bun, green beans, tropical fruit, milk  Crackers, cheese cubes, water	<b>29</b> *Toasted oats cereal, banana, milk  Spaghetti & meatballs, salad, applesauce, milk  *Sun chips, juice	<b>30</b> Egg omelet, juice, milk  *Chicken patty (CN) on *bun, cooked carrots, mandarin oranges, milk  String cheese, milk	<b>1</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  
 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.