

Community Action Head Start

December 2012

Portion Sizes	Monday	Tuesday	Wednesday	Thursday
<p>These are the minimum amounts served to the children. Second servings are available.</p> <p>Milk will be served with all lunches.</p>	<p>3. Mini Bagel w/ Peanut Butter Mandarin Oranges, Milk</p> <p>School Lunch</p> <p>String Cheese, Saltine Crackers, Apple Juice</p>	<p>4. Cornflakes, Grape Juice, Milk</p> <p>School Lunch</p> <p>Goldfish Crackers, Milk</p>	<p>5. Vanilla Yogurt, Peaches, Milk</p> <p>School Lunch</p> <p>Nutirgrain Bar, Milk</p>	<p>6. Raisin Bran, Tropical Juice, Milk</p> <p>School Lunch</p> <p>Carrots w/ dip Fritos Water</p>
<p><b>Breakfast</b></p> <p>Milk- 6 oz. Fruit or Juice- ½ C. Bread- ½ slice <u>or</u> Cereal- 1/3 cup</p>	<p>10. Breakfast Pizza, Apricots, Milk</p> <p>School Lunch</p> <p>Granola Bar, Milk</p>	<p>11. ½ biscuit w/ butter/jelly, grape juice, milk</p> <p>School lunch</p> <p>Vanilla yogurt, mandarin oranges, water</p>	<p>12. Raisin Bran, Pears, Milk</p> <p>School Lunch</p> <p>Saltine Crackers, American Cheese Slice, Tropical juice</p>	<p>13. Cheerios, Apple Juice, milk</p> <p>School Lunch</p> <p>Banana slices, peanut butter, ½ slice whole wheat bread, water</p>
<p><b>Lunch</b></p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.</p>	<p>17. Scrambled Eggs, Toast, Pineapple Juice, milk</p> <p>School Lunch</p> <p>Granola Bar, milk</p>	<p>18. Cinnamon Toast, Pears, Milk</p> <p>School Lunch</p> <p>Fruit Cocktail, animal crackers, water</p>	<p>19. Cheerios, Tropical Juice, Milk</p> <p>School lunch</p> <p>Yogurt, peaches, water</p>	<p>20. ½ Warm cheese biscuit, fresh orange, milk</p> <p>School lunch</p> <p>Graham Crackers, Apple juice</p>
<p><b>Snack</b></p> <p>Two of the following must be served at snack.</p> <p>Milk/Juice- 4 oz. Fruit or Vegetable ½ cup Bread- ½ slice Cereal-1/3 cup Meat/Protein- ½ oz.</p>	<p>24. No class</p>	<p>25. No class</p>	<p>26. No Class</p>	<p>27. No class</p>
	<p>31. No Class</p>			