

Community Action Head Start Lunch  
November 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>1. Rice Crispies, Sliced Bananas Milk</p> <p>School Lunch Menu</p> <p>Animal Crackers, Tropical Juice</p>
<p>Breakfast</p> <p>Milk- 6 oz. Fruit or Juice- 4 oz. Bread- ½ slice <u>or</u> Cereal- 1/3 cup</p>	<p>5. Raisin Bran, Fruit Cocktail Milk School Lunch</p> <p>Soft Pretzel w/cheese Milk</p>	<p>6. 1/2 Biscuit w/jelly Apple Juice, Milk School Lunch</p> <p>Apple slices w/peanut butter, water</p>	<p>7 .Cinnamon toast, pineapple, milk</p> <p>School lunch Menu</p> <p>Vanilla wafers, apple juice</p>	<p>8. Waffles w/ light syrup Sausage links, peaches Milk School Lunch Bread Stick w/pizza sauce Cranberry Juice</p>
<p>Lunch</p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz.</p> <p>Milk- 6 oz.</p>	<p>12. No class Veteran's Day</p>	<p>13. Mini Bagel w/ Peanut Butter Mandarin Oranges, Milk</p> <p>School Lunch Menu</p> <p>String Cheese, Saltine Crackers, water</p>	<p>14. Cheerios, banana slices, Milk</p> <p>School Lunch Menu</p> <p>Goldfish Crackers, Grape Juice</p>	<p>15. Cinnamon roll, peaches, milk</p> <p>School Lunch Menu</p> <p>Nutigrain Bar, Milk</p>
<p>Snack</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>19. Raisin Bran, Milk, Juice</p> <p>School Lunch Menu</p> <p>Carrot sticks w/dip, Fritos, water</p>	<p>20. Breakfast pizza, apricots, milk</p> <p>School Lunch</p> <p>Granola Bar, Milk</p>	<p>21. No Class Thanksgiving Break</p>	<p>22 No Class Thanksgiving Break.</p>
	<p>26. ½ Biscuit w/jelly, Milk, Pears</p> <p>School Lunch</p> <p>String Cheese, fresh orange slices, water</p>	<p>27. Cheerios, milk, peaches</p> <p>School Lunch</p> <p>½ slice of bread w/ peanut butter &amp; banana slices, water</p>	<p>28. Scrambled Eggs, ½ slice of toast, milk, apple juice</p> <p>School Lunch Chocolate goldfish w/ milk</p>	<p>29. Mini Bagel w/cream cheese, Milk, Grape Juice</p> <p>School Lunch</p>