

Community Action Head Start

October 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 Scrambled Eggs, 1/2 slice toast, Seasonal Fruit (blueberries), Milk School lunch menu</p> <p>Carrot Sticks, Veggie Dip, Ritz Crackers, Water</p>	<p>2 Cheerios, Banana, Milk School lunch menu</p> <p>Granola Bar, Applesauce, Water</p>	<p>3 Waffle w/syrup, Orange Juice, Milk School lunch menu</p> <p>Animal Crackers, Peanut Butter, Water</p>	<p>4 Oatmeal, Apple Juice, Milk School lunch menu</p> <p>Vanilla Yogurt, Fresh Strawberries, Water</p>
<p style="text-align: center;">Breakfast</p> <p>Milk- 6 oz. Fruit or Juice- 4 oz. Bread- ½ slice <u>or</u> Cereal- 1/3 cup</p>	<p>8</p> <p style="text-align: center;">NO CLASS COLUMBUS DAY</p>	<p>9 Pancakes w/syrup, Cranberry Juice, Milk School lunch menu</p> <p>Cottage cheese, Peaches, Water</p>	<p>10 Cornflakes, Applesauce, Milk School lunch menu</p> <p>Celery Sticks, Peanut Butter, Water</p>	<p>11 Breakfast Pizza, Grape Juice, Milk School lunch menu</p> <p>Oatmeal cookie, Milk</p>
<p style="text-align: center;">Lunch</p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.</p>	<p>15 2 French Toast Sticks w/syrup, Tropical Juice, Milk School lunch menu</p> <p>Seasonal Fruit (Peach), Graham Crackers, Water</p>	<p>16 Rice Crispies, Banana, Milk School lunch menu</p> <p>Cheese cubes, Applesauce, Water</p>	<p>17 Biscuit w/sausage gravy, Pineapple Juice, Milk School lunch menu</p> <p>2 Chocolate Goldfish, Grape Juice</p>	<p>18 Cheerios, Apricots, Milk School lunch menu</p> <p>Soft pretzel, Grape juice</p>
<p style="text-align: center;">Snack</p> <p>Two of the following must be served at snack. Milk/Juice- 4 oz. Fruit or Vegetable ½ cup Bread- ½ slice Cereal-1/3 cup Meat/Protein- ½ oz.</p>	<p>22 Blueberry Muffin, Pears, Milk School lunch menu</p> <p>Peanut butter toast, Milk</p>	<p>23 English muffin w/ peanut butter, Milk, Grape juice School lunch menu</p> <p>Goldfish Crackers, Cranberry Juice</p>	<p>24- Cornflakes, Apple Juice, Milk School lunch menu</p> <p>Corn Bread Muffin w/butter, Grapes, Water</p>	<p>25- Scrambled Eggs, 1/2 Slice toast, Milk, Cranberry Juice School lunch menu</p> <p>Yogurt w/ granola, Tropical Juice, Water</p>
	<p>29 Rice Crispies, Milk, Grapes School lunch menu</p> <p>Animal Crackers, Tropical juice</p>	<p>30 Cinnamon toast, pears, milk School lunch menu</p> <p>Fruit cocktail, animal crackers, water</p>	<p>31 Pancake Sausage Stick, tropical juice, milk School lunch menu</p> <p>Yogurt, grapes, water</p>	