

**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. Hot Dog/Whole grain bun Nacho Chips Cottage Cheese Salad Greens/Dressing Mango</p>	<p>2. Breaded Chicken Tenders Potato Wedges Cole Slaw Peaches</p>	<p>3. Meatball Sub w/ Marinara Sauce & Cheese Italian Vegetables Grapes</p>	<p>4. Creamy Chicken Salad Whole Grain Crackers Green Bell Pepper Slices Strawberries</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>8</p> <p align="center">NO CLASS COLUMBUS DAY</p>	<p>9. Mexican Chicken Brown Rice Calico Corn Cinnamon Applesauce</p>	<p>10 Beef Tips & Gravy Over Whole What Noodles Squash Mandarin Oranges</p>	<p>11. Chicken & White Bean Chili Corn Bread Grapes Glazed Carrots</p>
<p>Lunch</p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.</p>	<p>15. Spaghetti w/ Italian Sausage & Marinara Sauce Italian Vegetables Lettuce/Salad Dressing Pears</p>	<p>16. Baked Ham Cheesy Potatoes Peas Whole Grain Roll Pineapple</p>	<p>17. Chicken Fajitas w/ peppers & onions 2 Whole Grain Fajitas Creamed Corn Tropical Fruit</p>	<p>18. Pork Roast Mashed Potatoes & Gravy Roasted Asparagus Whole Wheat Roll Mandarin Oranges</p>
<p>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. Salisbury Steak Baked Potato Roasted Broccoli & Cauliflower Cinnamon Applesauce</p>	<p>23. Turkey Tetrazzini Spiral Noodles Carrot & Celery Sticks Salad Greens/Dressing Apricots</p>	<p>24. Open Faced Roast Beef Sandwich Mashed Potatoes & Gravy Cranberry Juice</p>	<p>25. Pigs in a Blanket Baked Beans Marinated Cucumbers Orange Slices</p>
	<p>29. Fish Sticks Herb Brown Rice Green Beans Fruit Salad</p>	<p>30. Beef Stew w/ Potatoes & Carrots Over a Biscuit Baked Apple Slices</p>	<p>31. Chili w/ Meat & Beans Corn Bread Creamed Corn Apricots</p>	