

## Community Action Head Start

### August/September 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>27- Scrambled Eggs, 1/2 slice toast, Seasonal Fruit 1/2 C(blueberries), Milk</p> <p>School lunch menu</p> <p>Cheese Stick, Ritz Crackers, Water</p>	<p>28- Cheerios, 1/2 C Banana, Milk</p> <p>School lunch menu</p> <p>1/4 C Vanilla Yogurt, 1/2 CFresh Strawberries, Water</p>	<p>29 Waffle w/light syrup, Orange Juice, Milk</p> <p>School lunch menu</p> <p>Celery Sticks, Peanut Butter, Water</p>	<p>30 Rice Crispiers, Apple Juice, Milk</p> <p>School lunch menu</p> <p>Granola Bar, Applesauce, Water</p>
<p><b>Breakfast</b></p> <p>Milk- 6 oz. Fruit or Juice- 4 oz. Bread- 1/2 slice <u>or</u> Cereal- 1/3 cup</p>	<p>3</p> <p><b>NO CLASS LABOR DAY</b></p>	<p>4- Pancakes w/syrup, Applesauce, Milk</p> <p>School lunch menu</p> <p>Cottage cheese, Peaches, Water</p>	<p>5- Cornflakes, Cranberry Juice, Milk</p> <p>School lunch menu</p> <p>Animal Crackers, Milk</p>	<p>6- Breakfast Pizza, Grape Juice, Milk</p> <p>School lunch menu</p> <p>Oatmeal cookie, Milk</p>
<p><b>Lunch</b></p> <p>Meat/Protein- 1 1/2 oz. Vegetable- 1/4 cup Fruit- 1/4 cup Bread/Grain- 1 oz.</p> <p>Milk- 6 oz.</p>	<p>10- 2 French Toast Sticks w/syrup, Tropical Juice, Milk</p> <p>School lunch menu</p> <p>Peaches Graham Crackers, Water</p>	<p>11- Rice Crispiers, Banana, Milk</p> <p>School lunch menu</p> <p>Vanilla Wafers, Applesauce, Water</p>	<p>12- Biscuit w/sausage gravy, Pineapple Juice, Milk</p> <p>School lunch menu</p> <p>2 Chocolate Goldfish, Milk</p>	<p>13- Cheerios, Apricots, Milk</p> <p>School lunch menu</p> <p>Soft pretzel, Grape juice, water</p>
<p><b>Snack</b></p> <p>Two of the following must be served at snack. Milk/Juice- 4 oz. Fruit or Vegetable 1/2 cup Bread- 1/2 slice Cereal-1/3 cup Meat/Protein- 1/2 oz.</p>	<p>17- Blueberry Muffin, Pears, Milk</p> <p>School lunch menu</p> <p>Vanilla Yogurt w/ granola Milk</p>	<p>18- English muffin w/ 1Tpeanut butter, Milk, Grape juice</p> <p>School lunch menu</p> <p>Goldfish Crackers, Cranberry Juice</p>	<p>19- Cornflakes, Apple Juice, Milk</p> <p>School lunch menu</p> <p>Corn Bread Muffin w/butter, Grapes, Water</p>	<p>20- Scrambled Eggs, 1/2 Slice toast, Milk, Cranberry Juice</p> <p>School lunch menu</p> <p>1T Peanut Butter W/ Toast Milk</p>
	<p>24- Rice Crispiers, Milk, Grapes</p> <p>School lunch menu</p> <p>Animal Crackers, Tropical juice</p>	<p>25- Raisin Bran, Fruit Cocktail, Milk</p> <p>School lunch menu</p> <p>Soft Pretzel, Cheese Sauce, Milk</p>	<p>26- 1/2 Biscuit w/jelly, Apple Juice, Milk</p> <p>School lunch menu</p> <p>Breadstick, Pizza sauce, Cranberry juice</p>	<p>27- Waffles w/ syrup, Sausage, Pineapple Juice, Milk</p> <p>School lunch menu</p> <p>Apple Slices, Peanut Butter, Water</p>