

Community Action Head Start

April 2013

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. Blueberry Muffin, Pears, Milk</p> <p>School Lunch Menu</p> <p>Yogurt w/ granola, Water</p>	<p>2. English muffin w/ peanut butter, Milk, Grape Juice</p> <p>School Lunch Menu</p> <p>Goldfish Crackers, Cranberry Juice</p>	<p>3. Cornflakes, Applesauce, Milk</p> <p>School Lunch Menu</p> <p>Corn Bread Muffin w/ butter, Grapes, Water</p>	<p>4. Scrambled Eggs, ½ Slice Wheat Toast, Milk, Cranberry Juice</p> <p>School Lunch Menu</p> <p>Peanut Butter Toast, Milk</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. Rice Crispies, Sliced Bananas, Milk</p> <p>School Lunch Menu</p> <p>Animal Crackers, Tropical Juice</p>	<p>9. Raisin Bran, Fruit Cocktail, Milk</p> <p>School Lunch Menu</p> <p>Soft Pretzel, Milk, Cheese Sauce</p>	<p>10. ½ Biscuit w/jelly, Apple Sauce, Milk</p> <p>School Lunch Menu</p> <p>Breadstick, Pizza Sauce, Cranberry Juice</p>	<p>11. Waffles w/ light syrup, Sausage Links, Pineapple Juice, Milk</p> <p>School Lunch Menu</p> <p>Apple Slices, Peanut Butter, Water</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. Mini Bagel w/ Peanut Butter, Mandarin Oranges, Milk</p> <p>School Lunch Menu</p> <p>String Cheese, Crackers, Apple Juice</p>	<p>16. Cornflakes, Grape Juice, Milk</p> <p>School Lunch Menu</p> <p>Goldfish Crackers, Milk</p>	<p>17. Vanilla Yogurt, Peaches, Milk</p> <p>School Lunch Menu</p> <p>Nutrigrain Bar, Milk</p>	<p>18. Raisin Bran, Tropical Juice, Milk</p> <p>School Lunch Menu</p> <p>Carrots w/ dip, Fritos, Water</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. Breakfast Pizza, Apricots, Milk</p> <p>School Lunch Menu</p> <p>Granola Bar, Milk</p>	<p>23. ½ Biscuit w/ butter & jelly, Grape Juice, Milk</p> <p>School Lunch Menu</p> <p>Vanilla Yogurt, Mandarin Oranges, Water</p>	<p>24. Raisin Bran, Pears, Milk</p> <p>School Lunch Menu</p> <p>Saltine Crackers, Cheese Slices, Tropical Juice</p>	<p>25. Cheerios, Apple Juice, Milk</p> <p>School Lunch Menu</p> <p>Banana Slices, Peanut Butter, ½ Slice Bread, Water</p>
	<p>29. Scrambled Eggs, Toast, Pineapple Juice, Milk</p> <p>School Lunch Menu</p> <p>Granola Bar, Milk</p>	<p>30. Cinnamon Toast, Pears, Milk</p> <p>School Lunch Menu</p> <p>Fruit Cocktail, Animal Crackers, Water</p>		