

## Community Action Head Start

March 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>4. French Toast Sticks, Mandarin Oranges, Milk</p> <p>School Lunch Menu</p> <p>Chocolate Goldfish, Applesauce, Water</p>	<p>5. Sausage Links, Toast, Pears, Milk</p> <p>School Lunch Menu</p> <p>Oatmeal Cookie, Milk</p>	<p>6. Rice Crispies, Cranberry Juice, Milk</p> <p>School Lunch Menu</p> <p>Soft Pretzel, Peaches, Water</p>	<p>7. Cinnamon Roll, Orange Juice, Milk</p> <p>School Lunch Menu</p> <p>Cottage Cheese, Pineapple, Water</p>
<p style="text-align: center;"><b>Breakfast</b></p> <p>Milk- 6 oz. Fruit or Juice- 4 oz. Bread- ½ slice <u>or</u> Cereal- 1/3 cup</p>	<p>11. Scrambled Eggs, ½ Slice Wheat Toast, Seasonal Fruit (Blueberries), Milk</p> <p>School Lunch Menu</p> <p>Cheese Stick, Ritz Crackers, Water</p>	<p>12. Cheerios, Banana, Milk</p> <p>School Lunch Menu</p> <p>Vanilla Yogurt, Fresh Strawberries, Water</p>	<p>13. Waffle w/ light syrup, Apple Juice, Milk</p> <p>School Lunch Menu</p> <p>Celery Sticks, Peanut Butter, Water</p>	<p>14. Rice Crispies, Orange Juice, Milk</p> <p>School Lunch Menu</p> <p>Granola Bar, Applesauce, Water</p>
<p style="text-align: center;"><b>Lunch</b></p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz.</p> <p>Milk- 6 oz.</p>	<p>18. Raisin Bran, Milk, Peaches</p> <p>School Lunch Menu</p> <p>Carrot Sticks, Veggie Dip, Pretzels, Water</p>	<p>19. Pancakes w/ light syrup, Applesauce, Milk</p> <p>School Lunch Menu</p> <p>Cottage Cheese, Peaches, Water</p>	<p>20. Cornflakes, Cranberry Juice, Milk</p> <p>School Lunch Menu</p> <p>Animal Crackers, Peanut Butter, Water</p>	<p>21. Breakfast Pizza, Grape Juice, Milk</p> <p>School Lunch Menu</p> <p>Mandarin Oranges, Milk</p>
<p style="text-align: center;"><b>Snack</b></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>25. 2 French Toast Sticks w/ syrup, Tropical Juice, Milk</p> <p>School Lunch Menu</p> <p>Peaches, Graham Crackers, Water</p>	<p>26. Rice Crispies, Banana, Milk</p> <p>School Lunch Menu</p> <p>Vanilla Wafers, Applesauce, Water</p>	<p>27. Biscuit w/sausage gravy, Pineapple Juice, Milk</p> <p>School Lunch Menu</p> <p>2 Chocolate Goldfish, Milk</p>	<p>28. Cheerios, Apricots, Milk</p> <p>School Lunch Menu</p> <p>Soft Pretzel, Grape Juice, Water</p>