

## Community Action-Head Start January 2014

Portion Sizes	Monday	Tuesday	Wednesday	Thursday
<p>These are the minimum amounts served to the children. Second servings are available.</p> <p>1% milk served</p>	<p>30</p> <p>No school</p>	<p>31</p> <p>No school</p>	<p>1</p> <p>No School</p>	<p>2</p> <p>No School</p>
<p><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>6</p> <p>Orange Juice, Cheerios, Milk</p> <p>School Lunch Menu</p> <p>Oatmeal Cookie, Milk</p>	<p>7-</p> <p>½ C grapes, French Toast Stick, Milk</p> <p>School Lunch Menu</p> <p>Peanut Butter, Crackers, Tropical Juice</p>	<p>8-</p> <p>Cranberry Juice, ½ English muffin w/jelly, Milk</p> <p>School Lunch Menu</p> <p>) Cottage Cheese, Peaches, water</p>	<p>9-</p> <p>Cinnamon Rolls, Milk, apple slices</p> <p>School Lunch</p> <p>String cheese, corn chips, water</p>
<p><b>Lunch</b></p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.</p>	<p>13-</p> <p>Orange Juice, Scrambled Egg/Cheese in Soft Tortilla, Milk</p> <p>School Lunch Menu</p> <p>Soft pretzel, Cheese Sauce, Pineapple, water</p>	<p>14-</p> <p>Applesauce, Raisin Bran, Milk</p> <p>School Lunch Menu</p> <p>Carrot Sticks &amp; Dip, Ritz Crackers, Milk</p>	<p>15-</p> <p>½ Banana, Cheerios, Milk</p> <p>School Lunch Menu</p> <p>Ants On a Log (celery, peanut butter, raisins), cranberry juice</p>	<p>16-</p> <p>Grape Juice, Sausage/Pancake on a stick, Milk</p> <p>School Lunch Menu</p> <p>Breadsticks, pizza sauce, Milk</p>
<p><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>20-</p> <p>Mandarin Oranges, Blueberry Muffin, Milk</p> <p>School Lunch Menu</p> <p>Cottage Cheese, Pineapple Tidbits</p>	<p>21-</p> <p>Grape Juice, Cornflakes, Milk</p> <p>School Lunch Menu</p> <p>Peanut Butter Cookie, Milk</p>	<p>22</p> <p>French toast sticks, Milk, tropical juice</p> <p>School Lunch Menu</p> <p>Apple Slices, Peanut Butter, water</p>	<p>23-</p> <p>Orange Juice, Breakfast pizza, milk</p> <p>School Lunch Menu</p> <p>Animal Crackers, cranberry juice</p>
<p>Yogurts-1/4 C Nut butters-1 Tbsp Cottage Cheese- 1/8 C</p> <p><b>** 1% Milk, water or Juice served with every snack</b></p>	<p>27-</p> <p>Pineapple , Raisin Bran, Milk</p> <p>School Lunch Menu</p> <p>Soft Tortilla w/Cheese or Salsa, grape juice</p>	<p>28-</p> <p>Apple Juice, Banana Muffin, Milk</p> <p>School Lunch Menu</p> <p>Corn flakes, banana, milk</p>	<p>29-</p> <p>Tropical Juice, Cornflakes, Milk</p> <p>School Lunch Menu</p> <p>Diced Peaches, Yogurt, water</p>	<p>30-</p> <p>Mini Bagels w/peanut butter &amp; jelly, milk, fruit cocktail</p> <p>School Lunch</p> <p>Cheerios w/cinnamon &amp; sugar, milk</p>