

**Community Action-Head Start  
February 2014**

Portion Sizes	Monday	Tuesday	Wednesday	Thursday
These are the minimum amounts served to the children. Second servings are available.  1% Milk	3- Banana, Crispy Rice Cereal, Milk  School Lunch Menu  Seasonal Fresh Sliced Fruit, Hard Pretzel Sticks, Milk	4- Orange Juice, Waffles, Syrup, Milk  School Lunch Menu  Nutrigrain bar, milk	5- Cranberry Juice, Cheese Biscuit, Milk  School Lunch Menu  Cereal Mix (1/3 cup cereal, 1 tbs. raisins, 1 tbs. nuts), Tropical Juice	6- Apple Juice, ½ bagel, Cream Cheese, Milk  School Lunch Menu  Peanut Butter, Crackers, Grape Juice
<b>Breakfast</b> Milk- 6 oz. Fruit or Juice- 4 oz. Bread- ½ slice <u>or</u> Cereal- 1/3 cup	10- Grape Juice, Cornflakes, Milk  School Lunch Menu  Soft pretzel, Apple Juice	11- Apple Slices (no icing) Cinnamon roll, Milk  School Lunch Menu  Mozzarella Sticks, Pizza Sauce, Orange Juice	12- Pineapple Juice, Biscuit w/Sausage, Gravy, Milk  School Lunch Menu  Fruit cocktail, vanilla wafers, water	13- Applesauce, Blueberry Muffin, Milk  School Lunch Menu  Cottage Cheese, Pineapple Tidbits, water
<b>Lunch</b> Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.	17-  PRESIDENT'S DAY  NO SCHOOL	18- Orange Juice, Raisin Bran, Milk  School Lunch Menu  Hard pretzels w/peanut butter, Grape Juice	19- Apple Juice, Sausage Links, Toast, Milk  School Lunch Menu  Yogurt, Pears, water	20- Cranberry Juice, Biscuit w/Jelly, Milk  School Lunch Menu  Bread stick w/cheese sauce, peaches, water
<b>Snack</b> 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.	24- Diced Peaches, Pancake/Syrup, Milk  School Lunch Menu  ½ Banana w/peanut butter sandwich, water	25- Orange Juice, French Toast Sticks/Syrup, Milk  School Lunch Menu  English Muffin, Pizza Sauce, Mozzarella Cheese, Juice	26- , Soft Tortilla w/cheese & salsa, Juice, Milk  School Lunch Menu  Apple Slices, Crispy Rice Cereal. milk	27- Tropical Juice, Toast w/Peanut Butter, Milk  School Lunch Menu  Animal Crackers, Milk
Yogurts-1/4 C Nut butters-1 Tbsp Cottage Cheese- 1/8 C ** 1% Milk, water or Juice served with every snack				