

**Community Action-Head Start
March 2014**

Portion Sizes	Monday	Tuesday	Wednesday	Thursday
These are the minimum amounts served to the children. Second servings are available. 1% milk	3- Apricots, Toasted Oats, Milk School Lunch Menu Yogurt, vanilla wafers , water	4- Apple Juice, French toast stick, Milk School Lunch Menu Tortilla chips, Cheese sauce, grape Juice	5- Yogurt, peaches, Milk School Lunch Menu Oatmeal Cookie, Milk	6- Pears, Breakfast Pizza, Milk School Lunch Menu Cheese, crackers, Milk
Breakfast Milk- 6 oz. Fruit or Juice- 4 oz. Bread- ½ slice <u>or</u> Cereal- 1/3 cup	10- Banana, Crispy Rice Cereal, Milk School Lunch Menu ½ fresh orange, Hard Pretzels, water	11- Orange Juice, Waffles/Syrup, Milk School Lunch Menu Ants on a log, apple juice	12- Cranberry Juice, Cheese Biscuit , Milk School Lunch Menu Tropical Juice, veggies w/dip	13- Apple Juice, ½ English Muffin, jelly/butter, Milk School Lunch Menu Peanut Butter, Crackers, Grape Juice
Lunch Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.	17- Pineapple, Cornflakes, Milk School Lunch Menu Soft pretzel, cheese sauce, cranberry juice	18- Apple Slices, (no icing) Cinnamon Roll, Milk School Lunch Menu Mozzarella Sticks, Pizza Sauce, tropical Juice	19- Orange Juice, Biscuit w/Sausage Gravy, Milk School Lunch Menu ½ Banana, Peanut Butter, Milk	20- Applesauce, Blueberry Muffin, Milk School Lunch Menu Cottage Cheese, Pineapple Tidbits
Snack 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- Orange Juice, Raisin Bran, Milk School Lunch Menu ½ Peanut Butter banana Sandwich, milk	25- Apple Juice, Sausage Links, Toast, Milk School Lunch Menu Yogurt, Peaches , water	26- Cranberry Juice, Biscuit w/Jelly, Milk School Lunch Menu American Cheese Slice, Crackers, Apple Juice	27- Eggs, ½ slice of toast, milk, School lunch Cornflakes , banana slices, milk
Yogurts-1/4 C Nut butters-1 Tbsp Cottage Cheese- 1/8 C ** 1% Milk, water or Juice served with every snack	31. Mini bagel w/cinnamon sugar, milk, pears School lunch String cheese, fritos, water	1.	2.	3.