

Community Action Head Start

January 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. Happy New Year!</p> <p>No Class</p>	<p>Winter Break</p>	<p>Winter Break</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>7. Raisin Bran, Milk, Peaches</p> <p>School Lunch Menu</p> <p>Carrot Sticks, Veggie Dip, Pretzels, Water</p>	<p>8. Pancakes w/ light syrup, Applesauce, Milk</p> <p>School Lunch Menu</p> <p>Cottage Cheese, Peaches, Water</p>	<p>9. Cornflakes, Cranberry Juice, Milk</p> <p>School Lunch Menu</p> <p>Animal Crackers, Peanut Butter, Water</p>	<p>10. Breakfast Pizza, Grape Juice, Milk</p> <p>School Lunch Menu</p> <p>Mandarin Oranges, Milk</p>
<p style="text-align: center;">Lunch</p> <p>Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz.</p> <p>Milk- 6 oz.</p>	<p>14. 2 French Toast Sticks w/ syrup, Tropical Juice, Milk</p> <p>School Lunch Menu</p> <p>Peaches, Graham Crackers, Water</p>	<p>15. Rice Crispies, Banana, Milk</p> <p>School Lunch Menu</p> <p>Vanilla Wafers, Applesauce, Water</p>	<p>16. Biscuit w/sausage gravy, Pineapple Juice, Milk</p> <p>School Lunch Menu</p> <p>2 Chocolate Goldfish, Milk</p>	<p>17. Cheerios, Apricots, Milk</p> <p>School Lunch Menu</p> <p>Soft Pretzel, Grape Juice, Water</p>
<p style="text-align: center;">Snack</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>21. Blueberry Muffin, Pears, Milk</p> <p>School Lunch Menu</p> <p>Yogurt w/ granola, Water</p>	<p>22. English muffin w/ peanut butter, Milk, Grape Juice</p> <p>School Lunch Menu</p> <p>Goldfish Crackers, Cranberry Juice</p>	<p>23. Cornflakes, Applesauce, Milk</p> <p>School Lunch Menu</p> <p>Corn Bread Muffin w/ butter, Grapes, Water</p>	<p>24. Scrambled Eggs, ½ Slice Wheat Toast, Milk, Cranberry Juice</p> <p>School Lunch Menu</p> <p>Peanut Butter Toast, Milk</p>
	<p>28. Rice Crispies, Sliced Bananas, Milk</p> <p>School Lunch Menu</p> <p>Animal Crackers, Tropical Juice</p>	<p>29. Raisin Bran, Fruit Cocktail, Milk</p> <p>School Lunch Menu</p> <p>Soft Pretzel, Milk, Cheese Sauce</p>	<p>30. ½ Biscuit w/jelly, Apple Sauce, Milk</p> <p>School Lunch Menu</p> <p>Breadstick, Pizza Sauce, Cranberry Juice</p>	<p>31. Waffles w/ light syrup, Sausage Links, Pineapple Juice, Milk</p> <p>School Lunch Menu</p> <p>Apple Slices, Peanut Butter, Water</p>