

## Community Action-Head Start September 2013

Portion Sizes	Monday	Tuesday	Wednesday	Thursday
These are the minimum amounts served to the children. Second servings are available.	2- No School-Labor Day	3- Apricots, Cinnamon Toast, Milk  School Lunch Menu  Graham Crackers, 1T peanut butter, water	4- Orange Juice, Scrambled Eggs, Mini Muffin, Milk  School Lunch Menu  Tropical Juice, Corn Chips/Cheese Sauce	5- ½ Banana, Crispy Rice Cereal, Milk  School Lunch Menu  Applesauce, Granola Bar, water
<b>Breakfast</b> Milk- 6 oz. Fruit or Juice- 4 oz. Bread- ½ slice <u>or</u> Cereal- 1/3 cup	9 Orange Juice, Cheerios, Milk  School Lunch Menu  Pears, Milk	10- ½ C grapes, French Toast Stick, Milk  School Lunch Menu  Peanut Butter, Crackers, Juice	11- Cranberry Juice, ½ English muffin w/jelly, Milk  School Lunch Menu  Cottage Cheese, Peaches, water	12- Cinnamon Rolls, Milk, apple slices  School Lunch  String cheese, corn chips, water
<b>Lunch</b> Meat/Protein- 1 ½ oz. Vegetable- ¼ cup Fruit- ¼ cup Bread/Grain- 1 oz. Milk- 6 oz.	16- Pineapple Juice, Scrambled Egg/Cheese in Soft Tortilla, Milk  School Lunch Menu  Soft pretzel, Cheese Sauce, Pineapple	17- Applesauce, Raisin Bran, Milk  School Lunch Menu  Cucumbers & Dip, Ritz Crackers, Milk	18- ½ Banana, Cheerios, Milk  School Lunch Menu  Ants On a Log (celery, peanut butter, raisins), Milk	19- Grape Juice, Sausage/Pancake on a stick, Milk  School Lunch Menu  Breadsticks, pizza sauce, Milk
<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.	23- Mandarin Oranges, Blueberry Muffin, Milk  School Lunch Menu  Cottage Cheese, Pineapple Tidbits	24- Orange Juice, Cornflakes, Milk  School Lunch Menu  grapes, Milk	25- Breakfast pizza, Milk, tropical juice  School Lunch Menu  Apple Slices, Peanut Butter, water	26- Grape Juice, Pancakes w/light syrup, Milk  School Lunch Menu  Animal Crackers, cranberry juice
Yogurts-1/4 C Nut butters-1 Tbsp Cottage Cheese- 1/8 C  ** 1% Milk, water or Juice served with every snack	30- Pineapple Juice, Raisin Bran, Milk  School Lunch Menu  Soft Tortilla w/Cheese or Salsa, grape juice	1- Apple Juice, Banana Muffin, Milk  School Lunch Menu  Goldfish Crackers, baby carrots water	2- Tropical Juice, Cornflakes, Milk  School Lunch Menu  Diced Peaches, Yogurt	