



Ironton-Lawrence County CAO

Head Start Program

Pre-School Menu

**High Quality
Childcare... for
Infants, Toddlers &
Preschoolers**

Date 12/31/18 Monday	Date 1/1/19 Tuesday	Date 1/2/19 Wednesday	Date 1/3/19 Thursday	1/4/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
(HM) Oatmeal 1/4 c. Diced Peaches 1/2 c. 1% Milk 3/4 c.	Scrambled Eggs 1/2c. Whole Wheat Toast 1/2 sl. w/Butter & Strawberry Jelly Ketchup 1% Milk 3/4 c.	Kix Cereal 1/2 c. Strawberries 1/2 c. 1% Milk 3/4 c.	Orange Muffins 1 Banana 1 1% Milk 3/4 c.	Biscuit 1/ Gravy Cooked Apples 1/2 c. 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chili W/Beef 1.5 oz. Chili Beans 1/4 c. Cheese Sandwich 1 White Wheat Bread Carrot Sticks 1/4c. Saltine Crackers Diced Apples 1/4 c. 1% Milk 3/4 c	Chicken Strips (CN)1.5 oz. Green Beans 1/4 c. Mashed potatoes 1/4 c. Whole Wheat Bread 1/2 sl. Pineapple Tidbits 1/4 c. Honey Mustard, Ranch Dressing, Ketchup 1% Milk 3/4 c.	Hamburger 1.5oz. Beef White Whole Grain Bun1 Ketchup, Mustard Tomato & Lettuce 1/8 c. French Fries 1/4 c. Corn 1/4 c. Pears 1/4 c. 1% Milk 3/4 c.	Spaghetti W/Meat Sauce 1.5 oz. Beef Parmesan Cheese Salad Mix w/ Lettuce, Tomatoes, Carrots Shredded Cheese 1/4 c. Ranch or Red Dressing Garlic Bread 1/2 sl. Apple Sauce 1/4 c. 1% Milk 3/4 c.	Fish Sandwich (CN) 1.5 oz. Bun 1 Tater Tots 1/4 c. Broccoli 1/4 c. Ketchup & Tarter Sauce Ranch Dressing Diced Peaches 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mozzarella Cheese Stick Whole Wheat Crackers 2 1% Milk 1/2 c.	Strawberry Fruit/Grain Bar 1 1% Milk 1/2 c.	Diced Peaches 1/2 c. Frozen Vanilla Yogurt 1/2 c. 1% Milk 1/2 c.	Graham Crackers 2 Mandarin Oranges 1/2 c. 1% Milk 1/2 c.	Rice Krispies 1/2 c. 1% Milk 1/2 c.

**ECC
377-2356**

**Getaway
867-3893**

**OUSCDC
532-0178**

**Proctorville
886-0504**



- Water is available with all meals.
- Menus are subject to change. Changes will be noted on the menu and on the daily meal change form.
- Fresh fruit will replace canned / frozen fruit when in season.
- HM = Home Made CN = Child Nutrition Label

Anna Perkins R.D.C.
Dietitian Consultant

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Ironton-Lawrence County CAU Head Start Program

Pre-School Menu

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Date 1/7/19 Monday	Date 1/8/19 Tuesday	Date 1/9/19 Wednesday	Date 1/10/19 Thursday	Date 1/11/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cooked Apples 1/2 c. WW Toast 1/2 sl. 1% Milk 3/4 c.	WG Pancakes W/Syrup Strawberries 1/2 c. 1% Milk 3/4 c.	WG Apple Cinnamon Cheerios Cereal 1/2 c. Mandarin Oranges 1/2 c. 1% Milk 3/4 c.	Corn Flakes 1/2c. Banana 1 1% Milk 3/4 c.	1 Breakfast Burrito Soft Tortilla Shell 1 Scrambled Eggs 1/4 c. Shredded Cheese 1/8 c Cooked Diced Apples 1/2 c. 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
WG Pepperoni Pizza (CN) 1.5 oz. Peas & Carrots 1/4 c. Applesauce 1/4 c. 1% Milk White 3/4 c.	Vegetable Beef Soup 1.5oz. (Beef) Stewed Tomatoes, Green Beans, Carrots, Potatoes, Corn, Onion 1/4 c. Grilled Cheese 1.5oz. White Wheat Bread Diced Peaches 1/4 c. 1% Milk 3/4 c.	Beef Taco 1.5 oz. WG Soft Taco Shell 1 Shredded Lettuce 1/8 c. Diced Tomatoes 1/8 c. Corn 1/4 c. Shredded Cheese 1/2 oz. Sour Cream Mild Taco Sauce Mixed Fruit 1/4 c. 1% Milk 3/4 c.	Baked BBQ Chicken Breast 1.5oz. Baked Diced Potatoes 1/4c. Green Beans 1/4 c. Whole Wheat Bread 1/2 sl. Diced Pears 1/4 c. 1% Milk 3/4c.	Cheeseburger 1.5 oz. White Whole Grain Bun 1 Baked Tater Tots 1/4 c. Ketchup, Mustard California Blend 1/4 c. Pineapple Tidbits 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mixed Fruit 1/2 c. Cheese Cubes 1/4 c. 1% Milk 1/2 c.	Fresh Sliced Apples 1/2 c. 1% Milk 1/2 c.	Orange Muffin 1 1% Milk 1/2 c.	Kix Cereal 1/2 c. 1% Milk 1/2 c.	Saltine Crackers 4 Cheese Slices 1/2 c. 1% Milk 1/2 c.

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Date 1/14/19 Monday	Date 1/15/19 Tuesday	Date 1/16/19 Wednesday	1/17/19 Thursday	Date 1/18/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
(HM) Cream of Wheat 1/4 c. Diced Peaches 1/4 c. 1% Milk 1/2 c.	White Wheat Toast 1 sl. W/butter Applesauce 1/4 c. 1% Milk 1/2 c.	Rice Chex Cereal 1/2 c. Mandarin Oranges 1/2 c. 1% Milk 1/2 c.	WG Bagel 1 Cream Cheese 1/2 c. Strawberries 1/2 c. 1% Milk 1/2 c.	Whole Wheat Toast w /butter Cooked Apples 1/2 c. 1% Milk 1/2 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sloppy Joes Beef 1.5 oz. White Whole Grain Bun 1 Baked French Fries 1/4 c. Ketchup Cooked Carrots 1/4 c. Diced Apples 1/4 c. 1% Milk 3/4 c.	Chicken Noodles 1.5 oz. (Shredded Chicken) Peas 1/4c Whole Wheat Bread 1/2 sl. Frozen Vanilla Yogurt 1/4 c. 1% Milk 3/4 c.	WG Chicken Nuggets (CN) 1.5 oz. Green Beans W/Potatoes 1/4 c. Ketchup, Ranch Dressing or Honey Mustard Fruit Cocktail 1/4 c. White Wheat Bread 1/2 sl. 1% Milk White 3/4 c.	Lasagna w/ Meat Sauce 1.5 oz. Beef (Mozzarella Cheese) Salad Mix w/ Lettuce, Tomatoes, Carrots, Shredded Cheese 1/4 c. Ranch Dressing Garlic Bread 1 Pineapple Tidbits 1/4 c. 1% Milk 3/4 c.	Goulash 1.5 oz. Beef Peas 1/4 c. Whole Wheat Bread 1/2 sl. Mandarin Oranges 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Golden Grahams 1/2 c. 1% Milk 1/2 c	Club Crackers 4 Strawberry Cream Cheese 1% Milk 1/2 c.	Strawberry/Banana Yogurt 1/2 c. Granola 1 oz. 1% Milk 1/2 c.	Rice Krispies 1/2 c. 1% Milk 1/2 c.	Orange Muffin 1 1% Milk 1/2 c.

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Head Start Program

Pre-School Menu

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Date 1/21/19 Monday	1/22/19 Tuesday	1/23/19 Wednesday	Date 1/24/19 Thursday	Date 1/25/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Eggs 1/4 c. White Wheat Toast 1/2 sl. W/ Butter & Strawberry Jelly Ketchup 1% Milk 3/4 c.	WG French Toast Sticks 2 Strawberries 1/2 c. Syrup 1% Milk 3/4 c.	Sausage 1.5 oz. Biscuit 1 1% Milk 3/4 c.	Orange Muffin 1 Raspberry Yogurt 1/2 c. 1% Milk 3/4 c.	(HM) Cream of Wheat 1/4 c. Diced Peaches 1/2 c. 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salisbury Steak 1.5 oz. Mashed Potatoes 1/4 c. Peas 1/4 c. Rolls 1/2 sl. Applesauce 1/4 c. 1% Milk 3/4 c.	Fish Sticks (CN) 1.5 oz. Tarter Sauce & Ketchup Cooked Carrots 1/4 c. Tater Tots 1/4c. Pears 1/4 c. White Wheat Bread 1/2 sl. 1% Milk 3/4 c.	Chicken Sandwich 1.5 oz. Whole Grain Bun 1 Baked Beans 1/4 c. French Fries 1/4 c. Ranch Dressing, Ketchup or Mayonnaise Pineapple Tidbits 1/4 c. 1% Milk 3/4 c.	Macaroni & Cheese 1.5 oz. Broccoli 1/4 c. White Wheat Bread 1/2 sl. Mandarin Oranges 1/4 c. 1% Milk 3/4 c.	WG Cheese Pizza 1.5oz. Corn 1/4 c. Diced Apples 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Saltine Crackers 4 Cheese Slices 1/2 c. 1% Milk 1/2 c.	Applesauce 1/2 c. Teddy Grahams 1/2 c. 1% Milk 1/2 c.	Kix Cereal 1/2 c. 1% Milk 1/2 c.	WG Gold Fish Crackers 1/2 c 1% Milk 1/2 c.	Banana 1 Strawberry/Banana Yogurt 1/2 c. 1% Milk 1/2 c

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Pre-School Menu

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Date 1/28/19 Monday	Date 1/29/19 Tuesday	Date 1/30/19 Wednesday	Date 1/31/19 Thursday	2/1/19 Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
(HM) Oatmeal 1/4 c. Diced Peaches 1/2 c. 1% Milk 3/4 c.	Scrambled Eggs 1/2c. Whole Wheat Toast 1/2 sl. w/Butter & Strawberry Jelly Ketchup 1% Milk 3/4 c.	Kix Cereal 1/2 c. Strawberries 1/2 c. 1% Milk 3/4 c.	Orange Muffins 1 Banana 1 1% Milk 3/4 c.	Biscuit 1/ Gravy Cooked Apples 1/2 c. 1% Milk 3/4 c.
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chili W/Beef 1.5 oz. Chili Beans 1/4 c. Cheese Sandwich 1 White Wheat Bread Carrot Sticks 1/4c. Saltine Crackers Diced Apples 1/4 c. 1% Milk 3/4 c	Chicken Strips (CN) 1.5 oz. Green Beans 1/4 c. Mashed potatoes 1/4 c. Whole Wheat Bread 1/2 sl. Pineapple Tidbits 1/4 c. Honey Mustard, Ranch Dressing, Ketchup 1% Milk 3/4 c.	Hamburger 1.5oz. Beef White Whole Grain Bun 1 Ketchup, Mustard Tomato & Lettuce 1/8 c. French Fries 1/4 c. Corn 1/4 c. Pears 1/4 c. 1% Milk 3/4 c.	Spaghetti W/Meat Sauce 1.5 oz. Beef Parmesan Cheese Salad Mix w/ Lettuce, Tomatoes, Carrots Shredded Cheese 1/4 c. Ranch or Red Dressing Garlic Bread 1/2 sl. Apple Sauce 1/4 c. 1% Milk 3/4 c.	Fish Sandwich (CN) 1.5 oz. Bun 1 Tater Tots 1/4 c. Broccoli 1/4 c. Ketchup & Tarter Sauce Ranch Dressing Diced Peaches 1/4 c. 1% Milk 3/4 c.
SNACK	SNACK	SNACK	SNACK	SNACK
Mozzarella Cheese Stick Whole Wheat Crackers 2 1% Milk 1/2 c.	Strawberry Fruit/Grain Bar 1 1% Milk 1/2 c.	Diced Peaches 1/2 c. Frozen Vanilla Yogurt 1/2 c. 1% Milk 1/2 c.	Graham Crackers 2 Mandarin Oranges 1/2 c. 1% Milk 1/2 c.	Rice Krispies 1/2 c. 1% Milk 1/2 c.

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