



# Ironton-Lawrence County CAO

## Head Start Program

### Toddler Menu

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

Date 11/5/18 Monday	Date 11/6/18 Tuesday	Date 11/7/18 Wednesday	Date 11/8/18 Thursday	Date 11/9/18 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
(HM) Oatmeal 1/4 c. Diced Peaches 1/2 c. Whole Milk 1/2 c.	Scrambled Eggs 1/2 c. Whole Wheat Toast 1/2 sl. w/Butter & Strawberry Jelly Ketchup Whole Milk 1/2 c.	Kix Cereal 1/2 c. Strawberries 1/2 c. Whole Milk 1/2 c.	Orange Muffins 1 Banana 1 Whole Milk 1/2 c.	Biscuit 1 /Gravy Cooked Apples 1/2 c. Whole Milk 1/2 c.
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chili W/Beef 1.5oz. Cheese Sandwich 1 White Wheat Bread Parboiled Carrot Sticks 1/4 c. Saltine Crackers Diced Apples 1/4 c. Whole Milk 1/2 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 Whole Milk 1/2 c.	Hamburger 1.5oz. Beef White Whole Grain Bun 1 French Fries 1/4 c. Corn 1/4c. Ketchup, Mustard, Mayonnaise Pears 1/4 c. Whole Milk 1/2 c.	Spaghetti W/Meat Sauce 1.5 oz. Beef Parmesan Cheese California Blend 1/4 c. Garlic Bread 1/2 sl. Apple Sauce 1/4 c. Whole Milk 1/2 c.	Fish Sandwich (CN) 1.5 oz. Bun 1 Tater Tots 1/4 c. Parboiled Carrots 1/4 c. Ketchup, Tarter Sauce, Ranch Dressing Diced Peaches 1/4 c. Whole Milk 1/2 c.
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Mozzarella Cheese Stick Whole Wheat Crackers 2 Whole Milk 1/2 c.	Strawberry Fruit/Grain Bar 1 Whole Milk 1/2 c.	Diced Peaches 1/2 c. Frozen Vanilla Yogurt 1/2 c. Whole Milk 1/2 c.	Graham Cracker 2 Mandarin Oranges 1/2 c. Whole Milk 1/2 c.	Rice Krispies 1/2 c. Whole 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
- Toddlers over 2 years will receive 1% milk.

*Anna Perkins*  
Dietitian Consultant

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## Head Start Program

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Date 11/12/18 Monday	Date 11/13/18 Tuesday	Date 11/14/18 Wednesday	Date 11/15/18 Thursday	Date 11/16/18 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cooked Apples 1/2 c. WW Toast W/Butter 1/2 sl. Whole Milk 1/2 c.	WG Pancakes w/Syrup Strawberries 1/2 c. Whole Milk 1/2 c.	WG Apple Cinnamon Cheerios Cereal 1/2 c. Mandarin Oranges 1/2 c. Whole Milk 1/2 c.	Corn Flakes 1/2 c. Banana 1 Whole Milk 1/2 c.	1 Breakfast Burrito Soft Tortilla Shell 1 Scrambled Eggs 1/4c. Shredded Cheddar Cheese 1/8c. Cooked Diced Apples 1/2 c Whole Milk 1/2 c.
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
WG Pepperoni Pizza (CN) 1.5 oz. Corn 1/4 c. Applesauce 1/4 c. Whole Milk 1/2 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. Whole Milk 1/2 c.	Baked BBQ Chicken Breast 1.5 oz. Roasted Potatoes 1/4 c. Green Beans 1/4 c. Whole Wheat Bread 1/2 sl. Diced Pears 1/4 c. Whole Milk 1/2 c.	Roasted Turkey Sliced 1.5oz. w/ Gravy Mashed Potatoes 1/4c. Dressing 1/4c. Green Beans 1/4c. Dinner Roll 1 Pumpkin Tarts 1 Whole Milk 1/2 c.	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. Whole Milk 1/2 c.
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Mixed Fruit 1/2 c. Cheese Cubes 1/4 c. Whole Milk 1/2 c.	Fresh Sliced Apples 1/2 c. 1% Milk 1/2 c.	Orange Muffin 1 Whole Milk 1/2 c.	Kix Cereal 1/2 c. Whole Milk 1/2 c.	Saltine Crackers 4 Cheese Slices 1/2 c. Whole Milk 1/2 c.

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## Head Start Program

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Date 11/19/18 Monday	Date 11/20/18 Tuesday	Date 11/21/18 Wednesday	Date 11/22/18 Thursday	Date 11/23/18 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
(HM) Cream of Wheat 1/4 c. Diced Peaches 1/4 c. Whole Milk 1/2 c.	White Wheat Toast 1sl. W/butter Applesauce 1/4 c. Whole Milk 1/2 c.	Rice Chex Cereal 1/2 c. Mandarin Oranges 1/2 c. Whole Milk 1/2 c.	WG Bagel 1 Cream Cheese 1/2 c. Strawberries 1/2 c. Whole Milk 1/2 c.	Whole Wheat Toast w/butter Cooked Apples 1/2 c. Whole Milk 1/2 c.
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Sloppy Joes Beef 1.5 oz. White Whole Grain Bun 1 Baked French Fries 1/4 c. Cooked Carrots 1/4 c. Ketchup Diced Apples 1/4 c. Whole Milk 1/2 c.	Chicken Noodles 1.5oz. (Shredded Chicken) Peas 1/4 c. Whole Wheat Bread 1/2 sl. Frozen Vanilla Yogurt 1/4 c. Whole Milk 1/2 c.	WG Chicken Nuggets (CN) 1.5 oz. Green Beans w/ Potatoes 1/4c. Ketchup, Ranch Dressing or Honey Mustard Pears 1/4 c. White Wheat Bread 1/2 sl. Whole Milk 1/2 c.	Lasagna w/ Meat Sauce 1.5oz. Beef (Mozzarella Cheese) California Blend 1/4 c. Bread Sticks 1 Pineapple Tidbits 1/4 c. Whole Milk 1/2 c.	Goulash 1.5 oz. Beef Peas 1/4 c. Whole Wheat Bread 1/2 sl. Mandarin Oranges 1/4 c. Whole Milk 1/2 c.
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Golden Grahams 1/2 c. Whole Milk 1/2 c.	Club Crackers 4 Strawberry Cream Cheese Whole Milk 1/2 c.	Strawberry/Banana Yogurt 1/2 c. Granola 1Tbsp. Whole Milk 1/2 c.	Rice Krispies 1/2 c. Whole Milk 1/2 c.	Orange Muffin 1 Whole Milk 1/2 c.

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# Ironton-Lawrence County CAO

## Head Start Program

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Date 11/26/18 Monday	Date 11/27/18 Tuesday	Date 11/28/18 Wednesday	Date 11/29/18 Thursday	Date 11/30/18 Friday
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Scrambled Eggs 1/4 c. White Wheat Toast 1/2 sl. W/ Butter & Strawberry Jelly Ketchup Whole Milk 1/2 c.	W/G French Toast Sticks 2 Strawberries 1/2 c. Syrup Whole Milk 1/2 c.	Sausage 1.5.oz. Biscuit 1 Whole Milk 1/2 c.	Orange Muffin 1 Raspberry Yogurt 1/2 c. Whole Milk 1/2 c.	(HM) Cream of Wheat 1/4 c. Diced Peaches 1/2 c. Whole Milk 1/2 c.
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Salisbury Steak 1.5 oz. Mashed Potatoes 1/4 c. Peas 1/4 c. Roll 1/2 sl. Applesauce 1/4 c. Whole Milk 1/2 c.	Fish Sticks (CN) 1.5 oz. Tarter Sauce & Ketchup Cooked Carrots 1/4 c. Tater Tots 1/4 c. Pears 1/4 c. White Wheat Bread 1/2 sl. Whole Milk 1/2 c.	Chicken Sandwich 1.5oz. Whole Grain Bun 1 California Blend 1/4 c. French Fries 1/4 c. Ranch Dressing, Ketchup or Mayonnaise Pineapple Tidbits 1/4 c. Whole Milk 1/2 c.	Macaroni & Cheese 1.5 oz. Broccoli 1/4 c. White Wheat Bread 1/2 sl. Mandarin Oranges 1/4 c. Whole Milk 1/2 c.	WG Cheese Pizza 1.5oz. Corn 1/4 c. Diced Apples 1/4 c. Whole Milk 1/2 c.
<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
Saltine Crackers 4 Cheese Slices 1/2 c. Whole Milk 1/2 c.	Applesauce 1/2 c. Teddy Grahams 1/2 c. Whole Milk 1/2 c.	Kix Cereal 1/2 c. Whole Milk 1/2 c.	WG Goldfish Crackers 1/2 c. Whole Milk 1/2 c.	Banana 1 Strawberry/Banana Yogurt 1/2 c. Whole Milk 1/2 c

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