



Ironton-Lawrence County CAO

Head Start Program

Pre-School Menu

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

| Date 10/1/18 Monday | 10/2/18 Tuesday | 10/3/18 Wednesday | Date 10/4/18 Thursday | Date 10/5/18 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 Fresh 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. Fresh Cantaloupe 1/4 c. 1% Milk 3/4 c. | WG Cheese Pizza 1.5oz. Corn 1/4 c. Apricots 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 |

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, RDLD
Dietitian Consultant

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opportunity
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Ironton-Lawrence County CAU

Head Start Program

Pre-School Menu

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

| Date 10/8/18 Monday | Date 10/9/18 Tuesday | Date 10/10/18 Wednesday | Date 10/11/18 Thursday | 10/12/18 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. Fresh 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 Apricots 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 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. Carrot Sticks 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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Ironton-Lawrence County **CAE** Head Start Program

Pre-School Menu

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

| Date 10/15/18 Monday | Date 10/16/18 Tuesday | Date 10/17/18 Wednesday | Date 10/18/18 Thursday | Date 10/19/18 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 Apricots 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. | Oatmeal 1/4 c. Whole Wheat Toast 1/2 sl. w/Butter & Grape Jelly 1% Milk 3/4 c. | 1 Breakfast Burrito Soft Tortilla Shell 1 Scrambled Eggs 1/4 c. Shredded Cheese 1/8 c. Fresh Strawberries 1/2 c. 1% Milk 3/4 c. |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| WG Pepperoni Pizza (CN) 1.5 oz. Corn 1/4 c. Fresh Cantaloupe 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. | Baked BBQ Chicken Breast 1.5 oz. Baked Diced Potatoes 1/4 c. Green Beans 1/4 c. Whole Wheat Bread 1/2 sl. Applesauce 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. Shredded Cheese 1/2 oz. Sour Cream Mild Taco Sauce Mixed Fruit 1/4 c. 1% Milk 3/4 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. 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 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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Ironton-Lawrence County CAU Head Start Program

Pre-School Menu

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| Date 10/22/18 Monday | Date 10/23/18 Tuesday | Date 10/24/18 Wednesday | 10/25/18 Thursday | Date 10/26/18 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. Fresh Orange Slices 1/2 c. 1% Milk 1/2 c. | WG Bagel 1 Cream Cheese 1/2 c. Fresh 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. Apricots 1/4 c. 1% Milk 3/4 c. | Chicken Noodles 1.5 oz. (Shredded Chicken) Peas 1/4c Whole Wheat Bread 1/2 sl. Fresh Watermelon 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 Bread Sticks 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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| Date 10/29/18 Monday | 10/30/18 Tuesday | 10/31/18 Wednesday | Date 11/1/18 Thursday | Date 11/2/18 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 Fresh 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. Fresh Cantaloupe 1/4 c. 1% Milk 3/4 c. | WG Cheese Pizza 1.5oz. Corn 1/4 c. Apricots 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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