

Lewis County Head Start
 Beaver Falls, Lowville and Lyons Falls Centers
 Serving times for each center are listed in the Parent Handbook

MARCH 2019

1-Mar	Tuesday		Wednesday		Thursday		Friday	1
Breakfast							1% Lowfat Milk Mandarin Oranges (Vit C) Cold Cereal (WGR)	
Lunch							1% Lowfat Milk Sloppy Joes w/ ground beef Carrots (Vit A) Pineapple (Vit C) Hotdog or Hamburger Roll	
Snack							Mixed Fruit Cottage Cheese Water	
Mar 5-8	Tuesday	5	Wednesday	6	Thursday	7	Friday	8
Breakfast	1% Lowfat Milk Peaches Cold Cereal (WGR)		1% Lowfat Milk Mixed Fruit Scrambled Eggs (Vit A) W/W Toast (WGR)		1% Lowfat Milk Bananas Pancakes		1% Lowfat Milk Mandarin Oranges (Vit C) English Muffin	
Lunch	1% Lowfat Milk Chicken Parmesan Green Beans Cantaloupe (Vit C) Spaghetti		1% Lowfat Milk Roast Pork Mashed Potatoes (Vit C) Corn Rolls w/ Butter		1% Lowfat Milk Ham Sliced Beets Pineapple (Vit C) Buttered Macaroni (WGR)		1% Lowfat Milk Baked Fish Steamed Broccoli (Vit C) Pears Brown Rice (WGR)	
Snack	HM Tortilla Refried Bean Dip Water		100% Juice Trail Mix		Pretzel Rods Cheddar Cheese Cubes (Vit A) Water		Carrots (Vit A) & Celery Sticks w/ dip W/W Snack Cracker Water	

Water is made available throughout the day.

Vitamin C and A foods served at Head Start only partially fulfill the daily requirements of these vitamins.

Vitamin B complex comes from whole grains. At least one Whole Grain Rich (WGR) food will be served daily.

Menus are reviewed and approved by the program's Nutrition Consultant.

Menus are subject to change without notice.

Meals served at Head Start are free to all enrolled children regardless of color, race, national origin, sex, age or disabling condition.

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Mar 12-15	Tuesday	12	Wednesday	13	Thursday	14	Friday	15
Breakfast	1% Lowfat Milk Strawberries (Vit C) Hot Cereal (WGR)		1% Lowfat Milk Mixed Fruit Hard Boiled Egg (Vit A)		1% Lowfat Milk Bananas Cold Cereal		1% Lowfat Milk Orange Slices (Vit C) Bagels	
Lunch	1% Lowfat Milk Ground Beef Stroganoff Carrots (Vit A) Grape Halves Noodles		1% Lowfat Milk HM Chicken Nuggets Mashed Potatoes (Vit C) Pears W/W Bread w/ butter (WGR)		1% Lowfat Milk Grilled Cheese HM Tomato & Macaroni Soup (Vit C) Cataloupe (Vit A) W/W Bread (WGR)		1% Lowfat Milk Ground Beef/Mozzarella Cheese Spinach/Romaine Salad w/ vegs (Vit A) Pineapple (Vit C) HM Pizza Crust	
Snack	100% Juice Snack Crackers		1% Lowfat Milk Blueberry Muffin		Fresh Apple Slices Peanut Butter Water		Orange Smoothie w/ Yogurt W/W Cracker (WGR)	
Mar 19-22	Tuesday	19	Wednesday	20	Thursday	21	Friday	22
Breakfast	1% Lowfat Milk Bananas Cold Cereal		1% Lowfat Milk Applesauce Mini Bagel (WGR)		1% Lowfat Milk Strawberries (Vit C) Pancakes		1% Lowfat Milk Fresh Blueberries Eggs (Vit A) Cinnamon Toast w/ Butter	
Lunch	1% Lowfat Milk Hot Turkey Sandwich Mashed Potatoes (Vit C) Plums W/W Bread (WGR)		1% Lowfat Milk Ham Sweet Potatoes (Vit A) Mixed Fruit (Vit C) Corn Muffin		1% Lowfat Milk Tuna Casserole Broccoli (Vit A and C) Orange Slices (Vit C) Noodles (WGR)		1% Lowfat Milk Ground Beef Sauce (Vit C) Mixed Vegetables (Vit A) Peaches Ziti Noodles (WGR)	
Snack	W/W Cracker Lowfat Cheese Stick Water		Carrot (Vit A) and Celery Sticks Hummus or Cottage Cheese Water		1% Lowfat Milk Peanut Butter & Banana Pizza		1% Lowfat Milk Graham Crackers	

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(Menus 2 & 3)

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Mar 26-29	Tuesday	26	Wednesday	27	Thursday	28	Friday	29
Breakfast	1% Lowfat Milk Fresh Strawberries (Vit C) Hot Cereal (WGR)		1% Lowfat Milk Bananas English Muffins (WGR)		1% Lowfat Milk HM Applesauce Cornbread		1% Lowfat Milk Mandarin Oranges (Vit C) Cold Cereal (WGR)	
Lunch	1% Lowfat Milk Egg Salad (Vit A) Cucumber/Sweet Pepper Slices (Vit A) Grape Halves Tortilla		1% Lowfat Milk Ham Oven Roasted Potatoes (Vit C) Peaches French Toast Sticks		1% Lowfat Milk Ground Beef Sauce Green Peas (Vit C) Pears Spaghetti (WGR)		1% Lowfat Milk HM Chicken Nuggets Corn Cantaloupe (Vit C) Couscous	
Snack	Apple Slices Lowfat Cheese Sticks Water		Hard Boiled (or) Deviled Egg (Vit A) Triscuits Water		1% Lowfat Milk Oatmeal Banana Muffin		1% Lowfat Milk Peanut Butter & Jelly Sandwiches	

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(Menu 4)