

# APRIL | 2026

## Lake-Geauga United Head Start, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Cocoa puffs, juice, milk *Pepperoni pizza (CN), smile fries, pineapple, milk *Sun chips, milk	<b>31</b> *Pancakes, juice, milk Rigatoni & meatballs, salad, mandarin oranges, milk *Cheese-its, milk	<b>1</b> Cornflakes, juice, milk *Cheese quesadilla (CN), sweet potato fries, banana, milk *Graham crackers, milk	<b>2</b> Cinnamon bread, juice, milk Sloppy joe meat, *tortilla chips, celery, tropical fruit, milk Peaches, vanilla yogurt, water	<b>3</b> NO SCHOOL
<b>6</b> NO SCHOOL	<b>7</b> *Life cereal, juice, milk *Pizza bites (CN), green peppers, pineapple, milk *Tortilla chips, cheese dip, milk	<b>8</b> Raspberry rainbow yogurt, sausage, milk BBQ chicken, *roll, scalloped potatoes, applesauce, milk Combread, milk	<b>9</b> *Corn chex cereal (CN), juice, milk Bologna on *bread, cucumbers, pears, milk Cottage cheese, peaches, water	<b>10</b> NO SCHOOL
<b>13</b> *Kix cereal, juice, milk *Popcorn chicken (CN), french fries, mangos, milk *Graham crackers, milk	<b>14</b> *French toast (CN), juice, milk Meatball *sub, melon, carrot sticks, milk Soft pretzel, cheese dip, milk	<b>15</b> Sausage patty, orange slices, milk Grilled cheese *sandwich, tomato soup, peaches, milk Biscuit and jelly, milk	<b>16</b> *Apple cinnamon muffin, tropical fruit, milk Turkey on *bun, celery, applesauce, milk String cheese, milk	<b>17</b> NO SCHOOL
<b>20</b> Crispy rice cereal, juice, milk Chicken stir fry over *rice, broccoli and cauliflower, pineapple, milk *Cheese-its, milk	<b>21</b> Strawberry banana yogurt, sausage, milk Hot dog on *bun, green beans, pears, milk Crackers, Cheese cubes, water	<b>22</b> *Toasted oats cereal, banana, milk Spaghetti and meatballs, salad, applesauce, milk *Sun chips, milk	<b>23</b> Egg omelet, juice, milk *Chicken patty (CN) on *bun, sweet potato fries, mandarin oranges, milk Pretzels, milk	<b>24</b> NO SCHOOL
<b>27</b> *Life cereal, juice, milk Beef ravioli (CN), *roll, corn, melon, milk *Graham crackers, milk	<b>28</b> Bagel, juice, milk *Chicken tenders (CN), mashed potatoes, pears, milk Pretzels, milk	<b>29</b> *Kix cereal, juice, milk Cheeseburger on *bun, tater tots, pineapple, milk *Goldfish crackers, milk	<b>30</b> *Waffle, juice, milk Ham on *bread, cucumbers, orange slices, milk *Tortilla chips, cheese dip, milk	<b>1</b> NO SCHOOL

Serving Sizes for 3-5 year olds

**Breakfast**

- Veg, fruit, or both ½ cup
- Grains ½ oz eq.
- Cereal: hot ¼ cup
- Cereal: (dry, cold)
- Flakes or rounds ½ cup
- Puffed cereal ¾ cup
- Granola 1/8 cup
- Skim Milk ¾ cup

**Lunch**

- Meat, meat alternates 1 ½ oz
- Vegetables ¼ cup
- Fruit ¼ cup
- Grains ½ oz eq.
- Cooked pasta ¼ cup
- Cheese 1 ½ oz
- Yogurt 6 oz
- Skim Milk ¾ cup

**Snack**

- Meat, meat alternates ½ oz
- Cheese ½ oz
- Yogurt 2 oz or ¼ cup
- Vegetables ½ cup
- Fruit ½ cup
- Grains ½ oz eq.
- Skim Milk 4 oz

All fruit juice is 100% juice.

If your child has allergies or other food concerns, please contact your family advocate.