

MAY | 2026

Lake-Geauga United Head Start, Inc.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 *Life cereal, juice, milk Beef ravioli (CN), *roll, corn, melon, milk *Graham crackers, milk	28 Bagel, juice, milk *Chicken tenders (CN), mashed potatoes, pears, milk Pretzels, milk	29 *Kix cereal, juice, milk Cheeseburger on *bun, tater tots, pineapple, milk *Goldfish crackers, milk	30 *Waffle, juice, milk Ham on *bread, cucumbers, orange slices, milk *Tortilla chips, cheese dip, milk	1 NO SCHOOL
4 Cocoa puffs, juice, milk *Pepperoni pizza (CN), smile fries, pineapple, milk *Sun chips, milk	5 *Pancakes, juice, milk Rigatoni & meatballs, salad, mandarin oranges, milk *Cheese-its, milk	6 Cornflakes, juice, milk *Cheese quesadilla (CN), sweet potato fries, banana, milk *Graham crackers, milk	7 Cinnamon bread, juice, milk Sloppy joe meat, *tortilla chips, celery, tropical fruit, milk Peaches, vanilla yogurt, water	8 NO SCHOOL
11 *Blueberry muffin, juice, milk Fajita with taco shell, corn, mandarin oranges, milk *Goldfish crackers, milk	12 *Life cereal, juice, milk *Pizza bites (CN), green peppers, pineapple, milk *Tortilla chips, cheese dip, milk	13 Raspberry rainbow yogurt, sausage, milk BBQ chicken, *roll, scalloped potatoes, applesauce, milk Cornbread, milk	14 *Corn chex cereal (CN), juice, milk Bologna on *bread, cucumbers, pears, milk Cottage cheese, peaches, water	15 NO SCHOOL
18 *Kix cereal, juice, milk *Popcorn chicken (CN), french fries, mangos, milk *Graham crackers, milk	19 *French toast (CN), juice, milk Meatball *sub, melon, carrot sticks, milk Soft pretzel, cheese dip, milk	20 Sausage patty, orange slices, milk Grilled cheese *sandwich, tomato soup, peaches, milk Biscuit and jelly, milk	21 *Apple cinnamon muffin, tropical fruit, milk Turkey on *bun, celery, applesauce, milk String cheese, milk	22 NO SCHOOL
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 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.

News

*Indicates Whole Grain

Substitutions may be made when necessary.

Cn-Child Nutrition

This institution is an equal opportunity provider