NOVEMBER 2026

Lake Geauga United Head Start

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 ***Cocoa puffs cereal,** juice, milk ***Pepperoni pizza (CN),** smile fries, pineapple, milk ***Sun chips**, milk	**3** NO SCHOOL	**4** Cornflakes, juice, milk Chicken ***taco**, peas and carrots, melon, milk Apple slices, milk	**5** Cinnamon bread, juice, milk Sloppy joe meat, ***tortilla chips**, celery, tropical fruit, milk Peaches, vanilla yogurt, water	**6** NO SCHOOL
9 ***Toasted oats cereal**, juice, milk Chicken fajita with taco shell, corn, oranges, milk ***Goldfish crackers**, milk	**10** ***Life cereal**, juice, milk ***Pizza bites**, green peppers, pineapple, milk ***Tortilla chips**, salsa, milk	**11** Raspberry rainbow yogurt, sausage, milk Chicken breast**, *roll**, mashed potatoes, applesauce, milk **Cheez-its**, milk	**12** ***Corn chex cereal**, juice, milk Turkey **on *bread,** cucumbers, pears, milk Cottage cheese, peaches, water	**13** NO SCHOOL
16 ***Cocoa puffs cereal**, juice, milk ***Popcorn chicken (CN),** french fries, mango, milk Cucumbers, milk	**17** ***French toast,** juice, milk **Meatball *sub**, cooked carrots, melon, milk ***Soft pretzel**, cheese dip, milk	**18** Cinnamon bread, oranges, milk ***Cheese stuffed breadstick**, tomato soup, peaches, milk Banana, milk	**19** Vanilla yogurt, tropical fruit, milk Chicken breast **on *bun,** celery, applesauce, milk Hard-boiled egg, milk	**20** NO SCHOOL
23 ***Kix cereal**, juice, milk Chicken stir fry **over *rice**, broccoli and cauliflower, pineapple, milk ***Cheeze-its**, milk	**24** Strawberry banana yogurt, banana, milk Hot dog **on *bun,** green beans, pears, milk Crackers, cheese cubes, water	**25** NO SCHOOL	**26** NO SCHOOL	**27** NO SCHOOL
30 ***Life cereal**, juice, milk Beef ravioli (CN)**, *roll,** corn, melon, milk Carrot sticks, milk				

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.

**Indicates Whole Grain* *Substitutions may be made when necessary.* *Cn-Child Nutrition* *This institution is an equal opportunity provider*