C.A.C.S. HEAD START and EARLY CHILDHOOD PROGRAMS
BREAKFAST and AFTERNOON SNACK MENU

JULY 2012

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast (Week 1)	MILK BANANAS *CEREAL	**2**	MILK FRESH ORANGES – c WHOLE WHEAT ENGLISH MUFFINS	**3**	**HOLIDAY AGENCY CLOSED**	**4**	MILK NECTARINES or PLUMS – a *CEREAL	**5**	MILK APPLESAUCE WAFFLES	**6**
Afternoon Snack	MILK NUTRIGRAIN BARS		WATERMELON – a + c COTTAGE CHEESE				"GO FISH" – r (celery sticks, peanut butter, Gold Fish crackers)		"SOFT TACO" – r (flour tortilla, refried beans, cheese)	
Breakfast (Week 2)	MILK FRUIT COCKTAIL *CEREAL	**9**	MILK "STRAWBERRY GRAHAM SANDWICH"– r (strawberries – c, yogurt, graham crackers)	**10**	MILK MELON (cantaloupe – a + c and/or honeydew – c) *CEREAL	**11**	MILK APRICOTS – a RYE TOAST	**12**	MILK PEACHES WHOLE WHEAT BAGELS	**13**
Afternoon Snack	APPLE WEDGES PEANUT BUTTER		MILK WHEAT THINS		ORANGE JUICE – c STRING CHEESE		VEGGIES with dip (cauliflower– c, broccoli – a + c) CHEESE CRACKERS		MILK *CEREAL	
Breakfast (Week 3)	MILK BANANAS and BLUEBERRIES – c *CEREAL	**16**	MILK MANDARIN ORANGES – c CINNAMON RAISIN ENGLISH MUFFINS	**17**	MILK WATERMELON – a + c *CEREAL	**18**	MILK APPLES BISCUITS	**19**	MILK FRESH PEARS OATMEAL	**20**
Afternoon Snack	MILK ANIMAL CRACKERS		"VEGGIE WEGGIE" – r (whole wheat pita bread, shredded carrots – a, cucumbers)		ORANGE-PINEAPPLE JUICE–c ½ PEANUT BUTTER SANDWICH		YOGURT WATERMELON – a + c		MILK WHEAT CRACKERS	
Breakfast (Week 4)	MILK STRAWBERRIES – c *CEREAL	**23**	MILK PINEAPPLE – c "SUNFLOWER BAGELS" – r (bagels, low-fat cream cheese, sunflower kernels, pineapple tidbits – c)	**24**	MILK FRESH PEACHES WHOLE WHEAT TOAST	**25**	MILK CANTALOUPE – a + c *CEREAL	**26**	MILK APPLESAUCE FRENCH TOAST STICKS	**27**
Afternoon Snack	CHOCOLATE MILK BANANAS		V-8 FUSION JUICE – a + c GRAHAM CRACKERS		"GRAND SLAM HERO" – r (crackers, cheese, cucumbers, tomatoes – a + c)		MILK VANILLA WAFERS		MILK *TRAIL MIX	

***RECORD WHAT IS SERVED** a - vitamin A source c - vitamin C source WW – whole wheat PB – peanut butter r – see recipe

SERVE WATER WITH SNACKS, ESPECIALLY WHEN SNACK DOES NOT INCLUDE MILK OR JUICE.

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