

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

DECEMBER 2018

4-Day

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK TROPICAL FRUIT – a + c *CEREAL: _____ _____	3	MILK “VEGGIE WEDGIE” – r (whole wheat pita bread, shredded carrots – a, cucumbers)	4	MILK BANANAS and KIWI – c *CEREAL: _____ _____	5	MILK PEARS WHOLE WHEAT ENGLISH MUFFINS <i>with LF margarine</i>	6	NO CLASS	7
Afternoon snack	MILK WW GOLD FISH CRACKERS		TROPICAL FRUIT – a + c YOGURT		MILK “VEGGIE WEGGIE” – r (pita bread, carrots – a, cucumbers)		BANANAS and KIWI – c WW CRACKERS: _____			
Breakfast	MILK DICED MANGO – a + c *CEREAL: _____ _____	10	MILK FRESH ORANGES – c WHOLE WHEAT TOAST <i>with LF margarine</i>	11	MILK PINEAPPLE TIDBITS – c “YO-GO WAFFLES” – r (LF Nutrigrain waffles, yogurt)	12	MILK APPLE SLICES *CEREAL: _____ _____	13	MILK PEACHES OATMEAL	14
Afternoon snack	PINEAPPLE TIDBITS – c “YO-GO GRAHAM CRACKERS” - r (graham crackers, yogurt)		MILK APPLE SLICES		PEACHES LF COTTAGE CHEESE		V8 FUSION JUICE – a + c WHOLE WHEAT BREAD <i>with peanut butter</i>		FRESH ORANGES – c HARD-BOILED EGG	
Breakfast	MILK APPLESAUCE WHOLE WHEAT ENGLISH MUFFINS <i>with peanut butter</i>	17	MILK APRICOTS – a WW RAISIN BAGELS <i>with LF margarine</i>	18	MILK PEARS *CEREAL: _____ _____	19	MILK MANDARIN ORANGES – c “SNOW PALS” – r (*crackers: _____, LF cream cheese, carrots – a)	20	NO CLASS	21
Afternoon snack	MILK TEDDY GRAHAMS		MANDARIN ORANGES – c “SNOW PALS”- r (*crackers: _____ LF cream cheese, carrots - a)		APRICOTS– a WW RAISIN BAGELS <i>with LF margarine</i>		MILK TRAIL MIX (*cereal, WW Goldfish crackers, sunflower kernels, raisins)			
Breakfast	AGENCY CLOSED	24	AGENCY CLOSED	25	NO CLASS	26	NO CLASS	27	NO CLASS	28
Afternoon snack										

MENU NOTES: 1) Fat-free white milk is served unless otherwise noted.

2) If snack does not include milk or juice, serve water.

3) Record which kind is served by items marked with an * such as *cereal and *crackers.

4) Menu abbreviations: r – see recipe a - vitamin A source c - vitamin C source LF - low fat WW - whole wheat PB - peanut butter