

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

DECEMBER 2018

Early Head Start

	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 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 <i>(or mandarin oranges for younger toddlers)</i> WHOLE WHEAT TOAST <i>with margarine</i>	11	MILK PINEAPPLE TIDBITS – c “YO-GO WAFFLES” – r (Nutrigrain waffles, yogurt)	12	MILK APPLE (shaved or diced) *CEREAL: _____ _____	13	MILK PEACHES OATMEAL	14
Afternoon snack	PINEAPPLE TIDBITS – c “YO-GO GRAHAM CRACKERS” - r (graham crackers, yogurt)		MILK APPLE (shaved or diced)		PEACHES COTTAGE CHEESE		MILK WHOLE WHEAT BREAD <i>with peanut butter</i>		FRESH ORANGES – c <i>(or mandarin oranges for younger toddlers)</i> HARD-BOILED EGG	
Breakfast	MILK APPLESAUCE WHOLE WHEAT ENGLISH MUFFINS <i>with peanut butter</i>	17	MILK APRICOTS – a WW RAISIN BAGELS <i>with margarine</i>	18	MILK PEARS *CEREAL: _____ _____	19	MILK MANDARIN ORANGES – c “SNOW PALS” – r (*crackers: _____, cream cheese, carrots – a)	20	MILK TROPICAL FRUIT– a + c WW TOAST <i>with margarine</i>	21
Afternoon snack	MILK TEDDY GRAHAMS		MANDARIN ORANGES – c “SNOW PALS”- r (*crackers: _____ cream cheese, carrots - a)		APRICOTS– a WW RAISIN BAGELS <i>with margarine</i>		MILK TRAIL MIX (*cereal, WW Goldfish crackers, sunflower kernels, raisins)		MILK ANIMAL CRACKERS	
Breakfast	AGENCY CLOSED	24	AGENCY CLOSED	25	MILK PEACHES *CEREAL: _____ _____	26	MILK APPLESAUCE NUTRIGRAIN WAFFLES	27	MILK RAISINS OATMEAL	28
Afternoon snack					MILK QUESADILLA’S (WW tortilla, cheese)		“YO-CONES” <i>(modify as needed)</i> (yogurt, diced mango – a + c, flat- bottomed ice cream cones)		MILK ½ WW PEANUT BUTTER SANDWICH	

MENU NOTES:

- 1) Whole white milk is served to children age 1-2 years; 1% white milk is served to children age 2-3 years.
- 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 WW - whole wheat PB – peanut butter