


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

JANUARY 2019

4-day

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	AGENCY CLOSED	Dec 31	AGENCY CLOSED	1	NO CLASS	2	NO CLASS	3	 NO CLASS	4
Breakfast	MILK PEACHES *CEREAL _____ _____		MILK APPLES with yogurt 'dip' WW ENGLISH MUFFINS <i>with LF margarine</i>	8	MILK MANDARIN ORANGES - c "POLAR BEAR SNACK" - r (*crackers: _____ LF cream cheese)	9	MILK TROPICAL FRUIT - a + c and DICED MANGO - a + c GRITS	10	NO CLASS	11
Afternoon snack	MILK TEDDY GRAHAMS		MILK TROPICAL FRUIT & MANGO - a + c GRITS (optional)		APPLES <i>with peanut butter</i> GRAHAM CRACKERS		MANDARIN ORANGES - c "POLAR BEAR SNACK" - r (*crackers: _____, LF cr. cheese)			
Breakfast	MILK BANANAS and KIWI - c *CEREAL _____ _____	14	MILK CARROTS - a with applesauce 'dip' WW BAGELS <i>with peanut butter</i>	15	MILK PEARS "IGLOO'S" - r (WW English muffin, hard-boiled egg, LF cream cheese)	16	MILK FRESH ORANGES - c *CEREAL _____ _____	17	MILK RAISINS OATMEAL	18
Afternoon snack	PEARS COTTAGE CHEESE		BANANAS and KIWI - c YOGURT		CARROTS - a w/applesauce 'dip' WW BAGELS <i>with LF margarine</i>		MILK "IGLOO'S" - r (WW English muffin, hard-boiled egg, LF cream cheese)		FRESH ORANGES - c TRAIL MIX (*cereal: _____, *crackers: _____, sunflower kernels)	
Breakfast	AGENCY CLOSED	21	MILK PINEAPPLE - c *CEREAL: _____ _____	22	MILK CLEMENTINES - c WW TORTILLAS <i>with LF margarine</i>	23	MILK APRICOTS - a "CHEESE TURNOVERS" - r (biscuits, cheese)	24	NO CLASS	25
Afternoon snack			CLEMENTINES - c WW TORTILLAS <i>with peanut butter</i>		APRICOTS - a "CHEESE TURNOVERS" - r (biscuits, cheese)		MILK CINNAMON RAISIN BREAD <i>with LF margarine</i>			
Breakfast	MILK BANANAS WW TOAST <i>with peanut butter</i>	28	MILK "GRAND SLAM HERO" - r (LF cheese, tomatoes - a + c, cucumbers) *CRACKERS: _____	2	MILK APPLESAUCE NUTRIGRAIN LF WAFFLES <i>with LF margarine</i>	30	MILK GRAPEFRUIT - c and ORANGES - c *CEREAL: _____ _____	31	NO CLASS	Feb 1
Afternoon snack	MILK GRAPEFRUIT & ORANGES - c *CEREAL _____		BANANAS ANIMAL CRACKERS		"GRAND SLAM HERO" - r (LF cheese, tomatoes - a + c, cucumbers, *crackers _____)		MILK WW BREAD <i>with LF margarine</i>			

MENU NOTES: 1) Fat-free unflavored 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