

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

**JANUARY 2019**

**Early Head Start**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<b>AGENCY CLOSED</b>	<b>Dec 31</b>	<b>AGENCY CLOSED</b>	<b>1</b>	MILK APRICOTS – a *CEREAL: _____ _____	<b>2</b>	MILK PINEAPPLE – c WW TOAST <i>with margarine</i>	<b>3</b>	MILK PEARS OATMEAL	<b>4</b>
					MILK WW TOAST <i>with peanut butter</i>		MILK ANIMAL CRACKERS		MANDARIN ORANGES – c COTTAGE CHEESE	
<b>Breakfast</b>	MILK PEACHES *CEREAL _____ _____	<b>7</b>	MILK APPLES (shaved or diced) with yogurt 'dip' WW ENGLISH MUFFINS <i>with margarine</i>	<b>8</b>	MILK MANDARIN ORANGES - c "POLAR BEAR SNACK" – r (*crackers: _____ cream cheese)	<b>9</b>	MILK TROPICAL FRUIT – a + c and DICED MANGO – a + c GRITS	<b>10</b>	MILK APRICOTS – a *CEREAL: _____ _____	<b>11</b>
<b>Afternoon snack</b>	MILK TEDDY GRAHAMS		MILK TROPICAL FRUIT & MANGO – a + c GRITS (optional)		APPLES (shaved or diced) GRAHAM CRACKERS <i>with peanut butter</i>		MANDARIN ORANGES - c "POLAR BEAR SNACK" – r (*crackers: _____, cr. cheese)		MILK WW PITA BREAD with hummus	
<b>Breakfast</b>	MILK BANANAS and KIWI – c *CEREAL _____ _____	<b>14</b>	MILK CARROTS (shredded) – a with applesauce 'dip' WW BAGELS <i>with peanut butter</i>	<b>15</b>	MILK PEARS "IGLOO'S" – r (WW English muffin, hard- boiled egg, cream cheese)	<b>16</b>	MILK FRESH ORANGES – c (mandarin for younger toddlers) *CEREAL _____ _____	<b>17</b>	MILK RAISINS OATMEAL	<b>18</b>
<b>Afternoon snack</b>	PEARS COTTAGE CHEESE		BANANAS and KIWI – c YOGURT		CARROTS (shredded) – a with applesauce 'dip' WW BAGELS <i>with margarine</i>		MILK "IGLOO'S" – r (WW English muffin, hard-boiled egg, cream cheese)		FRESH ORANGES – c (mandarin for younger toddlers) TRAIL MIX (*cereal, crackers, sun.k.)	
<b>Breakfast</b>	<b>AGENCY CLOSED</b>	<b>21</b>	MILK PINEAPPLE – c *CEREAL: _____ _____	<b>22</b>	MILK CLEMENTINES – c (mandarin for younger toddlers) WW TORTILLAS <i>with margarine</i>	<b>23</b>	MILK APRICOTS – a "CHEESE TURNOVERS" – r (biscuits, cheese)	<b>24</b>	MILK APPLES WW CINNAMON/RAISIN TOAST <i>with margarine</i>	<b>25</b>
<b>Afternoon snack</b>			CLEMENTINES – c (mandarin for younger toddlers) WW TORTILLAS <i>with peanut butter</i>		APRICOTS – a "CHEESE TURNOVERS" – r (biscuits, cheese)		MILK WW CINNAMON RAISIN BREAD <i>with margarine</i>		MILK *CEREAL: _____ _____	
<b>Breakfast</b>	MILK BANANAS WW TOAST <i>with peanut butter</i>	<b>28</b>	MILK "GRAND SLAM HERO" – r (cheese, tomatoes – a + c, cucumbers) *CRACKERS: _____	<b>29</b>	MILK APPLESAUCE NUTRIGRAIN WAFFLES <i>with margarine</i>	<b>30</b>	MILK CITRUS SALAD – c *CEREAL: _____ _____	<b>31</b>	<b>O CLASS</b>	<b>Feb 1</b>
<b>Afternoon snack</b>	MILK CITRUS SALAD – c *CEREAL _____		BANANAS ANIMAL CRACKERS		"GRAND SLAM HERO" – r (cheese, tomatoes – a + c, cucumbers, *crackers_____)		MILK WW BREAD <i>with margarine</i>			

**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