

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

**JANUARY 2019**

**Grand River 108**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<b>AGENCY CLOSED</b>	<b>Dec 31</b>	<b>AGENCY CLOSED</b>	<b>1</b>	<b>NO CLASS</b>	<b>2</b>	<b>NO CLASS</b>	<b>3</b>	<b>NO CLASS</b>	<b>4</b>
<b>Breakfast</b>	MILK PEACHES *CEREAL _____ _____	<b>7</b>	MILK APPLES w/yogurt 'dip' WW ENGLISH MUFFINS <i>with LF margarine</i>	<b>8</b>	MILK MANDARIN ORANGES - c "POLAR BEAR SNACK" - r (*crackers: _____ LF cream cheese)	<b>9</b>	MILK TROPICAL FRUIT - a + c and DICED MANGO - a + c GRITS	<b>10</b>	MILK V-8 FUSION JUICE - a + c *CEREAL: _____ _____	<b>11</b>
<b>Afternoon snack</b>	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)		MILK WW PITA BREAD with hummus	
<b>Breakfast</b>	MILK BANANAS and KIWI - c *CEREAL _____ _____	<b>14</b>	MILK CARROTS - 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, LF cream cheese)	<b>16</b>	MILK FRESH ORANGES - c *CEREAL _____ _____	<b>17</b>	MILK RAISINS OATMEAL	<b>18</b>
<b>Afternoon snack</b>	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)	
<b>Breakfast</b>	<b>AGENCY CLOSED</b>	<b>21</b>	MILK PINEAPPLE - c *CEREAL: _____ _____	<b>22</b>	MILK CLEMENTINES - c WW TORTILLAS <i>with LF margarine</i>	<b>23</b>	MILK APRICOTS - a "CHEESE TURNOVERS" - r (biscuits, cheese)	<b>24</b>	MILK APPLES WW CINNAMON RAISIN TOAST <i>with LF margarine</i>	<b>25</b>
<b>Afternoon snack</b>			CLEMENTINES - c WW TORTILLAS <i>with peanut butter</i>		APRICOTS - a "CHEESE TURNOVERS" - r (biscuits, cheese)		MILK WW CINNAMON RAISIN BREAD <i>with LF margarine</i>		MILK *CEREAL: _____ _____	
<b>Breakfast</b>	MILK BANANAS WW TOAST <i>with peanut butter</i>	<b>28</b>	MILK "GRAND SLAM HERO" - r (LF cheese, tomatoes - a + c, cucumbers) *CRACKERS: _____		MILK APPLESAUCE NUTRIGRAIN LF WAFFLES <i>with LF margarine</i>	<b>30</b>	MILK GRAPEFRUIT - c and ORANGES - c *CEREAL: _____ _____	<b>31</b>	<b>NO CLASS</b>	<b>Feb 1</b>
<b>Afternoon snack</b>	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