

C.A.C.S. HEAD START and EARLY CHILDHOOD PROGRAMS

BREAKFAST and AFTERNOON SNACK MENU

FEBRUARY 2019

5-Day

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Breakfast	MILK APPLESAUCE WW TOAST <i>with LF cheese slice</i>	4	MILK PEACHES LF NUTRIGRAIN WAFFLES <i>w/LF margarine</i>	5	MILK APRICOTS - a BAGELS <i>w/LF margarine</i>	6	MILK FRESH ORANGES – c and GRAPEFRUIT – c *CEREAL: _____ _____	7	MILK DICED MANGO - a + c WW ENGLISH MUFFINS <i>w/LF margarine</i>	8	
Afternoon snack	FRESH ORANGES – c and GRAPEFRUIT – c ANIMAL CRACKERS		PINEAPPLE - c 1/2 CHEESE SANDWICH (WW bread with LF cheese slice)		MILK *CEREAL		MILK *CRACKERS: _____		V-8 FUSION JUICE - a + c WW TORTILLA <i>with peanut butter</i>		
Breakfast	MILK CANTALOUPE – a + c *CEREAL: _____ _____	11	MILK “RED LIGHT, GREEN LIGHT” – r (crackers, LF cream cheese, strawberry – c, banana, kiwi – c)	12	MILK TROPICAL FRUIT – a + c WW PITA BREAD <i>with LF margarine</i>	13	MILK PEARS WW ENGLISH MUFFINS <i>w/LF margarine</i>	14	MILK ORANGE JUICE - c *CEREAL: _____ _____	15	
Afternoon snack	MILK GRAHAM CRACKERS		HARD-BOILED EGG CARROTS - a, with applesauce 'dip'		“RED LIGHT, GREEN LIGHT” – r (crackers, LF cream cheese, strawberry - c, banana, kiwi- c)		CANTALOUPE – a + c YOGURT		TROPICAL FRUIT – a + c WW PITA BREAD <i>with LF cheese</i>		
Breakfast	AGENCY CLOSED		18	MILK APRICOTS – a *CEREAL: _____ _____	19	MILK “FRIENDSHIP SALAD” – r (pineapple tidbits – c, mandarin oranges – c, cherries – a) WW CINNAMON RAISIN BREAD <i>with LF margarine</i>	20	MILK CLEMENTINES – c OATMEAL	21	MILK APPLESAUCE LF NUTRIGRAIN WAFFLES <i>w/LF margarine</i>	22
Afternoon snack			CLEMENTINES – c WW CINNAMON RAISIN BREAD <i>with LF margarine</i>		MILK WW GOLDFISH CRACKERS		MILK “FRIENDSHIP SALAD” – r (pineapple, oranges, cherries)		APRICOTS – a LF COTTAGE CHEESE		
Breakfast	MILK “BANANA SUSHI” – r (bananas, peanut butter, WW tortilla)	25	MILK FRESH ORANGES – c *CEREAL: _____ _____	26	MILK VEGGIES <i>with hummus</i> (broccoli – a + c, cauliflower – c) WHOLE WHEAT BAGELS <i>with LF margarine</i>	27	MILK PEACHES WHOLE WHEAT TOAST <i>with LF margarine</i>	28	NO CLASS		Mar 1
Afternoon snack	MILK ANIMAL CRACKERS		“BANANA SUSHI” – r (bananas, peanut butter, whole wheat tortilla)		MILK FRESH ORANGES – c		VEGGIES <i>with hummus</i> (broccoli – a + c, cauliflower – c) WHOLE WHEAT BAGELS <i>w/LF marg.</i>				

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