

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

BREAKFAST and AFTERNOON SNACK MENU

FEBRUARY 2019

Early Head Start

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Breakfast	MILK APPLESAUCE WW TOAST <i>with cheese slice</i>	4	MILK PEACHES NUTRIGRAIN WAFFLES <i>with margarine</i>	5	MILK APRICOTS - a BAGELS <i>with margarine</i>	6	MILK CITRUS SALAD - c *CEREAL: _____ _____	7	MILK DICED MANGO - a + c WW ENGLISH MUFFINS <i>with margarine</i>	8	
Afternoon snack	CITRUS SALAD - c ANIMAL CRACKERS		PINEAPPLE - c 1/2 CHEESE SANDWICH (WW bread with cheese slice)		MILK *CEREAL		MILK *CRACKERS: _____		APPLESAUCE WW TORTILLA <i>with peanut butter</i>		
Breakfast	MILK CANTALOUPE - a + c *CEREAL: _____ _____	11	MILK "RED LIGHT, GREEN LIGHT" - r (crackers, cream cheese, strawberry - c, banana, kiwi - c)	12	MILK TROPICAL FRUIT - a + c WW PITA BREAD <i>with margarine</i>	13	MILK PEARS WW ENGLISH MUFFINS <i>with margarine</i>	14	MILK MANDARIN ORANGES - c *CEREAL: _____ _____	15	
Afternoon snack	MILK GRAHAM CRACKERS		HARD-BOILED EGG CARROTS (shredded) - a, <i>with applesauce 'dip'</i>		"RED LIGHT, GREEN LIGHT" - r (crackers, cream cheese, strawberry - c, banana, kiwi - c)		CANTALOUPE - a + c YOGURT		TROPICAL FRUIT - a + c WW PITA BREAD <i>with 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 margarine</i>	20	MILK CLEMENTINES - c (<i>or mandarin oranges for younger toddlers</i>) OATMEAL	21	MILK APPLESAUCE NUTRIGRAIN WAFFLES <i>with margarine</i>	22
Afternoon snack			CLEMENTINES - c (<i>or mandarin oranges for younger toddlers</i>) WW RAISIN BREAD <i>w/margarine</i>		MILK WW GOLDFISH CRACKERS		MILK "FRIENDSHIP SALAD" - r (pineapple, oranges, cherries)		APRICOTS - a COTTAGE CHEESE		
Breakfast	MILK "BANANA SUSHI" - r (bananas, peanut butter, WW tortilla)	25	MILK ORANGES - c (<i>fresh or mandarins</i>) *CEREAL: _____ _____	26	MILK VEGGIES <i>with hummus</i> (shredded carrots - a, cucumbers) WHOLE WHEAT BAGELS <i>with margarine</i>	27	MILK PEACHES WHOLE WHEAT TOAST <i>with margarine</i>	28	NO CLASS		Mar 1
Afternoon snack	MILK ANIMAL CRACKERS		"BANANA SUSHI" - r (bananas, peanut butter, whole wheat tortilla)		MILK ORANGES - c (<i>fresh or mandarins</i>)		VEGGIES <i>with hummus</i> (shredded carrots - a, cucumbers) WHOLE WHEAT BAGELS <i>with marg.</i>				

- MENU NOTES:**
- 1) Whole white milk is served to children age 1-2 years, 1% white milk to children age 2 years and older.
 - 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