

C.A.C.S. HEAD START and EARLY CHILDHOOD PROGRAMS BREAKFAST and AFTERNOON SNACK MENU (5-Day)

MARCH 2019

Classroom:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK "STRAWBERRY GRAHAM SANDWICH" – r (yogurt, strawberries – c,, graham crackers)	4	MILK VEGGIES <i>with LF Ranch dip</i> (carrots–a, bell peppers – c) WW BAGELS with strawberry jam	5	MILK STRAWBERRY-BANANA V8 FUSION JUICE – a + c *CEREAL: _____ _____	6	MILK DICED MANGO – a + c HARD-BOILED EGG	7	MILK CLEMENTINES – c OATMEAL	8
Afternoon snack	STRAWBERRY-BANANA V8 FUSION JUICE – a + c LF CHEESE STICK		"STRAWBERRY GRAHAM SANDWICH" – r (yogurt, strawberries – c, graham crackers)		VEGGIES <i>with LF Ranch dip</i> (carrots – a, bell peppers – c) WW BAGELS with strawberry jam		MILK WHEAT THINS CRACKERS		MILK WW BREAD <i>w/peanut butter</i>	
Breakfast	MILK "BANANA SANDWICH" – r (raisin bread, peanut butter, bananas)	11	MILK PEARS *CEREAL: _____ _____	12	MILK "PINEAPPLE-CARROT PIZZA" – r (WW English muffin, LF cream cheese, shredded carrots – a, pineapple - c)	13	MILK FRESH ORANGES – c WW PITA BREAD <i>with LF margarine</i>	14	MILK PEACHES *CEREAL	15
Afternoon snack	FRESH ORANGES – c WW PITA BREAD <i>with LF margarine</i>		MILK "BANANA SANDWICH" – r (raisin bread, banana, PB)		MILK ANIMAL CRACKERS		"PINEAPPLE-CARROT PIZZA" – r (WW English muffin, LF cream cheese, pineapple – c, carrots – a)		LF CHEESE *CRACKERS: _____ _____	
Breakfast	MILK STRAWBERRIES – c *CEREAL: _____ _____	18	MILK CANTALOUPE – a + c YOGURT	19	MILK "FRUIT FLOWERS" – r (mandarin oranges – c, celery, LF cottage cheese) WHOLE WHEAT BAGELS <i>w/ LF margarine</i>	20	MILK PEACHES WW TOAST <i>w/peanut butter</i>	21	MILK APPLE SLICES BISCUITS	22
Afternoon snack	HARD-BOILED EGG CHEESE CRACKERS		STRAWBERRIES – c WHOLE WHEAT BAGELS <i>with LF margarine</i>		"FRUIT FLOWERS" – r (mandarin oranges – c, celery, LF cottage cheese)		MILK CANTALOUPE – a + c *CEREAL: _____		MILK WW GOLDFISH CRACKERS	
Breakfast	MILK BANANAS *CEREAL: _____ _____	25	MILK APRICOTS – a QUESADILLAS (whole wheat tortilla, LF cheese)	26	MILK APPLESAUCE NUTRIGRAIN WAFFLES <i>with LF margarine</i>	27	MILK MANDARIN ORANGES – c OATMEAL	28	MILK TROPICAL FRUIT– a + c WW ENGLISH MUFFINS <i>with LF margarine</i>	29
Afternoon snack	"SEEDS and BEANS SALSA" – r (corn, black beans, Italian dressing) WW CRACKERS: _____		MILK BANANAS *CEREAL: _____		DICED MANGO – a + c QUESADILLAS (whole wheat tortilla, LF cheese)		APRICOTS – a TRAIL MIX (*cereal _____, *crackers _____, raisins, SK)		MILK TEDDY GRAHAMS	

- 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 SK – sunflower kernels

MARCH IS NATIONAL NUTRITION MONTH!