

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

MARCH 2019

Early Head Start

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

- 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 SK – sunflower kernels

MARCH IS NATIONAL NUTRITION MONTH!