

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

**MAY 2019**

**Classroom:**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK BANANAS *CEREAL: _____ _____	<b>Apr 29</b>	MILK PEACHES "CRUNCHY RAINBOW WRAP" – r (WW tortilla, LF cream cheese, veggies)	<b>Apr 30</b>	MILK WATERMELON – a + c *CEREAL: _____ _____	<b>May 1</b>	MILK PINEAPPLE TIDBITS– c WW BAGELS <i>with LF margarine</i>	<b>2</b>	MILK DICED MANGO – a + c OATMEAL	<b>3</b>
Afternoon Snack	PINEAPPLE TIDBITS – c WW BAGELS <i>with peanut butter</i>		MILK BANANAS *CRACKERS: _____		MILK "CRUNCHY RAINBOW WRAP" (WW tortilla, veggies) – r		WATERMELON – a + c YOGURT		MILK TEDDY GRAHAMS	
Breakfast	MILK APRICOTS – a *CEREAL: _____ _____	<b>6</b>	MILK TROPICAL FRUIT – a + c WW ENGLISH MUFFINS <i>with LF margarine</i>	<b>7</b>	MILK APPLESAUCE "BUTTERFLY WAFFLES" – r (LF Nutrigrain Waffles, PB)	<b>8</b>	MILK MANDARIN ORANGES – c *CEREAL: _____ or *TRAIL MIX (cereal: _____ crackers: _____)	<b>9</b>	<b>NO CLASS</b>	
Afternoon Snack	APPLESAUCE "BUTTERFLY WAFFLES" – r (LF Nutrigrain waffles, PB)		MILK *CEREAL: _____ or *TRAIL MIX: _____		MILK APRICOTS – a WHEAT CRACKERS: _____		TROPICAL FRUIT – a + c LF COTTAGE CHEESE			
Breakfast	MILK BANANAS and STRAWBERRIES – c *CEREAL: _____ _____	<b>13</b>	MILK PEACHES WW TOAST with PB	<b>14</b>	MILK TROPICAL FRUIT– a + c YOGURT	<b>15</b>	MILK DICED MANGO – a + c *CEREAL: _____ _____	<b>16</b>	<b>NO CLASS</b>	
Afternoon Snack	MILK WW BAGELS <i>with LF margarine</i>		BANANAS & STRAWBERRIES - c YOGURT		VEGGIES with LF Ranch dip (carrots – a, broccoli – a + c) LF CHEESE STICK		MILK ANIMAL CRACKERS			
		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>		<b>24</b>
Have a nice summer!										
		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>		<b>31</b>

**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