

**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: _____ _____	Apr 29	MILK PEACHES "CRUNCHY RAINBOW WRAP" – r (WW tortilla, LF cream cheese, veggies)	Apr 30	MILK WATERMELON – a + c *CEREAL: _____ _____	May 1	MILK PINEAPPLE TIDBITS – c WW BAGELS <i>with LF margarine</i>	2	MILK DICED MANGO – a + c OATMEAL	3
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: _____ _____	6	MILK TROPICAL FRUIT – a + c WW ENGLISH MUFFINS <i>with LF margarine</i>	7	MILK APPLESAUCE "BUTTERFLY WAFFLES" – r (LF Nutrigrain waffles, PB)	8	MILK MANDARIN ORANGES – c *CEREAL: _____ or *TRAIL MIX (cereal: _____ crackers: _____)	9	NO CLASS	10
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			
		13		14		15		16		17
		20		21		22		23		24
Have a nice summer!										
		27		28		29		30		31

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