

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

**MAY 2019**

**Early Head Start**

|                    | <b>MONDAY</b>  |                   | <b>TUESDAY</b>  |                   | <b>WEDNESDAY</b>  |                  | <b>THURSDAY</b>  |           | <b>FRIDAY</b>  |           |
|--------------------|--|-------------------|---|-------------------|---|------------------|--|-----------|--|-----------|
| Breakfast          | MILK<br>BANANAS<br>*CEREAL: _____<br>_____                         | <b>Apr<br/>29</b> | MILK<br>PEACHES<br>OATMEAL  | <b>Apr<br/>30</b> | MILK<br>WATERMELON – a + c<br>*CEREAL: _____<br>_____                           | <b>May<br/>1</b> | MILK<br>PINEAPPLE TIDBITS– c<br>WW BAGELS<br><i>with margarine</i>                                       | <b>2</b>  | <b>NO<br/>CLASS</b>  | <b>3</b>  |
| Afternoon<br>Snack | PINEAPPLE TIDBITS – c<br>WW BAGELS <i>with LF peanut butter</i>    |                   | MILK<br>BANANAS<br>*CRACKERS: _____   |                   | MILK<br>“CRUNCHY RAINBOW WRAP”<br>(WW tortilla, veggies) – r                    |                  | WATERMELON – a + c<br>YOGURT   |           |  |           |
| Breakfast          | MILK<br>APRICOTS – a<br>*CEREAL: _____<br>_____                    | <b>6</b>          | MILK<br>TROPICAL FRUIT – a + c<br>WW ENGLISH MUFFINS<br><i>with margarine</i>       | <b>7</b>          | MILK<br>APPLESAUCE<br>“BUTTERFLY<br>WAFFLES” – r<br>(Nutrigrain<br>waffles, PB) | <b>8</b>         | MILK<br>MANDARIN<br>ORANGES – c<br>*CEREAL: _____ or<br>*TRAIL MIX<br>(cereal: _____<br>crackers: _____) | <b>9</b>  | MILK<br>PEARS<br>WW RAISIN TOAST<br><i>with margarine</i>                                      | <b>10</b> |
| Afternoon<br>Snack | APPLESAUCE<br>“BUTTERFLY WAFFLES” – r<br>(Nutrigrain waffles, PB)  |                   | MILK<br>*CEREAL: _____<br>or *TRAIL MIX: _____                                      |                   | MILK<br>APRICOTS – a<br>WHEAT CRACKERS: _____                                   |                  | TROPICAL FRUIT – a + c<br>COTTAGE CHEESE   |           | MILK<br>WW RAISIN BREAD <i>w/ PB</i>   |           |
| Breakfast          | MILK<br>BANANAS and<br>STRAWBERRIES – c<br>*CEREAL: _____<br>_____ | <b>13</b>         | MILK<br>PEACHES<br>WW TOAST <i>with PB</i>  | <b>14</b>         | MILK<br>TROPICAL FRUIT– a + c<br>YOGURT   | <b>15</b>        | MILK<br>DICED MANGO – a + c<br>*CEREAL: _____<br>_____   | <b>16</b> | MILK<br>APPLES (diced or shaved)<br>WW BAGELS<br><i>w/margarine</i>                            | <b>17</b> |
| Afternoon<br>Snack | MILK<br>WW BAGELS <i>with margarine</i>                            |                   | BANANAS & STRAWBERRIES - c<br>YOGURT  |                   | VEGGIES with Ranch dip<br>(shredded carrots– a, peppers– a+c)<br>CHEESE         |                  | MILK<br>ANIMAL CRACKERS  |           | MILK<br>TRAIL MIX (cereal: _____,<br>crackers: _____, raisins)                                 |           |
| Breakfast          | MILK<br>MANDARIN<br>ORANGES – c<br>*CEREAL: _____<br>_____         | <b>20</b>         | MILK<br>PINEAPPLE TIDBITS – c<br>WHOLE WHEAT TOAST<br><i>with margarine</i>         | <b>21</b>         | MILK<br>CANTALOUPE – a + c<br>*CEREAL: _____<br>_____                           | <b>22</b>        | MILK<br>APPLESAUCE<br>WW PITA BREAD<br><i>with cheese</i>  | <b>23</b> | MILK<br>PEACHES<br>OATMEAL   | <b>24</b> |
| Afternoon<br>Snack | HARD-BOILED EGG<br>*WHOLE GRAIN CRACKERS:<br>_____                 |                   | VEGGIES with Ranch dip<br>(cucumbers, shredded carrots – a)<br>WW GOLDFISH CRACKERS |                   | MILK<br>WHOLE WHEAT BREAD<br><i>with peanut butter</i>                          |                  | YOCONES<br>(Yogurt, Pineapple tidbits – c)   |           | MILK<br>TEDDY GRAHAMS  |           |
|                    | <b>AGENCY<br/>CLOSED</b>   | <b>27</b>         | MILK<br>PEARS<br>*CEREAL  | <b>28</b>         | MILK<br>WATERMELON – a + c<br>WW BAGELS<br><i>with margarine</i>                | <b>29</b>        | MILK<br>APRICOTS – a<br>*CEREAL  | <b>30</b> | MILK<br>FRESH ORANGES – c<br><i>(or mandarin oranges for<br/>younger toddlers)</i><br>BISCUITS | <b>31</b> |
|                    |  |                   | APRICOTS – a<br>WW BAGELS <i>with cream cheese</i>                                  |                   | MILK<br>GRAHAM CRACKERS   |                  | WATERMELON – a + c<br>COTTAGE CHEESE   |           | MILK<br>CHEESE CRACKERS  |           |

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