

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

MAY 2019

GR 106, GR 108, MH 116

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK BANANAS *CEREAL: _____ _____	Apr 29	MILK PEACHES "CRUNCHY RAINBOW WRAP" – r (WW tortilla, LF cream cheese, shredded carrots-a, bell peppers – c, peas – c)	Apr 30	MILK WATERMELON – a + c *CEREAL: _____ _____	May 1	MILK PINEAPPLE TIDBITS– c WW BAGELS <i>with LF margarine</i>	2	NO CLASS	3
Afternoon Snack	PINEAPPLE TIDBITS – c WW BAGELS <i>with LF peanut butter</i>		MILK BANANAS *CRACKERS: _____		MILK "CRUNCHY RAINBOW WRAP" (WW tortilla, veggies) – r		WATERMELON – a + c YOGURT			
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	MILK PEARS WW RAISIN TOAST <i>with LF margarine</i>	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		MILK WW RAISIN BREAD <i>w/ PB</i>	
Breakfast	MILK BANANAS and STRAWBERRIES – c *CEREAL: _____ _____	13	MILK PEACHES WW TOAST <i>with PB</i>	14	MILK TROPICAL FRUIT– a + c YOGURT	15	MILK DICED MANGO – a + c *CEREAL: _____ _____	16	MILK APPLES WW BAGELS <i>w/LF margarine</i>	17
Afternoon Snack	MILK WW BAGELS <i>with LF margarine</i>		BANANAS & STRAWBERRIES - c YOGURT		VEGGIES <i>with LF Ranch dip</i> (carrots – a, broccoli – a + c) LF CHEESE STICK		MILK ANIMAL CRACKERS		V-8 FUSION JUICE – a + c TRAIL MIX (cereal: _____, crackers: _____, raisins)	
Breakfast	MILK MANDARIN ORANGES – c *CEREAL: _____ _____	20	MILK PINEAPPLE TIDBITS – c WHOLE WHEAT TOAST <i>with LF margarine</i>	21	MILK CANTALOUPE – a + c *CEREAL: _____ _____	22	MILK APPLESAUCE WW PITA BREAD <i>with LF cheese</i>	23	MILK PEACHES OATMEAL	24
Afternoon Snack	HARD-BOILED EGG *WHOLE GRAIN CRACKERS: _____		VEGGIES <i>with LF Ranch dip</i> (cucumbers, celery) WW GOLDFISH CRACKERS		MILK WHOLE WHEAT BREAD <i>with peanut butter</i>		YOCONES (Yogurt, Pineapple tidbits – c)		MILK TEDDY GRAHAMS	
	AGENCY CLOSED	27	MILK PEARS *CEREAL	28	MILK WATERMELON – a + c WW BAGELS <i>with LF margarine</i>	29	MILK APRICOTS – a *CEREAL	30	MILK FRESH ORANGES – c BISCUITS	31
			V-8 FUSION JUICE – a + c WW BAGELS <i>with LF cream cheese</i>		MILK GRAHAM CRACKERS		WATERMELON – a + c LF COTTAGE CHEESE		MILK LF CHEESE CRACKERS	

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