

C.A.C.S. HEAD START and EARLY CHILDHOOD PROGRAMS

BREAKFAST and AFTERNOON SNACK MENU

(Classrooms in Clinton and Shiawassee counties)

APRIL 2019

4-DAY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK BANANAS *CEREAL: _____ _____	1	MILK APRICOTS – a QUESADILLAS (whole wheat tortilla, LF cheese)		MILK APPLESAUCE NUTRIGRAIN WAFFLES <i>with LF margarine</i>	3	MILK MANDARIN ORANGES – c OATMEAL	4	NO CLASS	5
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, LF cheese)		APRICOTS – a TRAIL MIX (*cereal _____, *crackers _____, raisins, SK)			
Breakfast	MILK APRICOTS – a *CEREAL: _____ _____	8	MILK PINEAPPLE – c WW ENGLISH MUFFINS <i>with LF margarine</i>	9	MILK FRESH ORANGES – c WW PITA BREAD <i>with LF cheese</i>	10	MILK “IF YOU GIVE A MOUSE A COOKIE” – r (pears) *CEREAL: _____ _____	11	NO CLASS	12
Afternoon snack	FRESH ORANGES – c GRAHAM CRACKERS		“IF YOU GIVE A MOUSE A COOKIE” – r (pears) ANIMAL CRACKERS		MILK APRICOTS – a *WW CRACKERS: _____		PINEAPPLE – c WW PITA BREAD <i>w/LF margarine</i> MILK			
Breakfast	MILK BANANAS “BLUEBERRIES FOR SAL” – r (WW bread, peanut butter, bananas, blueberries)	15	MILK WATERMELON – a + c YOGURT	16	MILK PEACHES “THE VERY HUNGRY CATERPILLAR” – r (cucumbers, *crackers: _____)	17	MILK TROPICAL FRUIT – a + c *CEREAL: _____ _____	18	AGENCY CLOSED	19
Afternoon snack	MILK TROPICAL FRUIT – a + c *CEREAL: _____		“BLUEBERRIES FOR SAL” – r (WW bread, peanut butter, bananas, blueberries)		WATERMELON – a + c YOGURT		MILK “VERY HUNGRY CATERPILLAR” – r (cucumbers, *crackers: _____)			
Breakfast	MILK APPLESAUCE LF NUTRIGRAIN WAFFLES	22	MILK STRAWBERRIES – c and BANANAS “THREE LITTLE PIGS” – r (WW bagel, strawberry cream cheese)	23	MILK CANTALOUPE – a + c *CEREAL: _____ _____	24	MILK PEARS TORTILLA ROLL-UPS (WW tortilla, hummus, shredded carrots – a)	25	NO CLASS	26
Afternoon snack	MILK TORTILLA ROLL-UPS (WW tortilla, hummus, carrots – a)		MILK WW GOLDFISH CRACKERS		STRAWBERRIES – c, BANANAS “THREE LITTLE PIGS” – r (WW bagel, strawberry cr. cheese)		CANTALOUPE – a + c LF COTTAGE CHEESE			

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