

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

BREAKFAST and AFTERNOON SNACK MENU

(Classrooms in Ingham and Eaton counties)

APRIL 2019

4-DAY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4		5
Spring Break										
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 with LF cheese	10	MILK “IF YOU GIVE A MOUSE A COOKIE” – r (pears) *CEREAL: _____ _____	11	NO CLASS	
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 w/LF margarine 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	
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	
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