

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

BREAKFAST and AFTERNOON SNACK MENU

APRIL 2019

Grand River 106 and Maplehill 116

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK PEARS *CEREAL: _____ _____	1	MILK TROPICAL FRUIT – a + c WW TOAST <i>with LF margarine</i>	2	MILK APPLESAUCE *CEREAL: _____ _____	3	MILK CLEMENTINE'S – c WW ENGLISH MUFFINS <i>with LF margarine</i>	4	MILK PEACHES OATMEAL	5
Afternoon snack	STRAWBERRIES – c YOGURT		MILK WW GOLDFISH CRACKERS		V-8 FUSION JUICE – a + c ½ PEANUT BUTTER and JELLY SANDWICH		HARD-BOILED EGG LF CHEESE CRACKERS		MILK GRAHAM CRACKERS	
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	MILK DICED MANGO – a+c WW TOAST <i>with LF margarine</i>	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		MILK WW RAISIN BREAD <i>with peanut butter</i>	
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	MILK PEACHES OATMEAL	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		MILK TEDDY GRAHAMS	

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