

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

**APRIL 2019**

**Maplehill (except room 109)**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		<b>1</b>		<b>2</b>		<b>3</b>		<b>4</b>		<b>5</b>
<h1>Spring Break</h1>										
Breakfast	MILK APRICOTS – a *CEREAL: _____ _____	<b>8</b>	MILK PINEAPPLE –c WW ENGLISH MUFFINS <i>with LF margarine</i>	<b>9</b>	MILK FRESH ORANGES – c WW PITA BREAD with LF cheese	<b>10</b>	MILK “IF YOU GIVE A MOUSE A COOKIE” – r (pears) *CEREAL: _____ _____	<b>11</b>	MILK DICED MANGO –a+c WW RAISIN TOAST <i>with LF margarine</i>	<b>12</b>
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		MILK WW RAISIN BREAD <i>with LF peanut butter</i>	
Breakfast	MILK BANANAS “BLUEBERRIES FOR SAL” – r (WW bread, peanut butter, bananas, blueberries)	<b>15</b>	MILK WATERMELON – a + c YOGURT	<b>16</b>	MILK PEACHES “THE VERY HUNGRY CATERPILLAR” – r (cucumbers, *crackers: _____)	<b>17</b>	MILK TROPICAL FRUIT – a + c *CEREAL: _____ _____	<b>18</b>	<b>AGENCY CLOSED</b>	
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	<b>22</b>	MILK STRAWBERRIES – c and BANANAS “THREE LITTLE PIGS” –r (WW bagel, strawberry cream cheese)	<b>23</b>	MILK CANTALOUPE – a + c *CEREAL: _____ _____	<b>24</b>	MILK PEARS TORTILLA ROLL-UPS (WW tortilla, hummus, shredded carrots – a)	<b>25</b>	<b>NO CLASS</b>	
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**