

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

BREAKFAST and AFTERNOON SNACK MENU

AUGUST 2019

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast (Week 1)	MILK "STRAWBERRY GRAHAM SANDWICH"- r (strawberries - c, strawberry yogurt, graham crackers)	July 29	MILK MANDARIN ORANGES - c *CEREAL: _____ _____	July 30	MILK APRICOTS - a WW RAISIN TOAST <i>with LF margarine</i>	July 31	MILK FRESH ORANGES - c <i>(or Clementine's)</i> *CEREAL: _____ _____	1	NO CLASS	2
Afternoon Snack	FRESH ORANGES - c <i>(or Clementine's)</i> WW PITA BREAD <i>w/hummus</i>		VEGGIES with dip (bell peppers - c, petite carrots - a) LF CHEESE CRACKERS		MILK WHOLE WHEAT BAGELS <i>w/ LF cream cheese</i>		MILK TEDDY GRAHAMS			
Breakfast (Week 2)	MILK BANANAS WHOLE WHEAT TOAST <i>with LF margarine</i>	5	MILK CANTALOUPE - a + c *CEREAL: _____ _____	6	MILK APPLESAUCE NUTRIGRAIN LF WAFFLES	7	MILK FRESH PEACHES or NECTARINES - a *CEREAL: _____ _____	8	MILK RAISINS OATMEAL	9
Afternoon Snack	MILK HARD BOILED EGG *WW CRACKERS: _____		"GO FISH" - r (celery sticks, PB <i>or SunButter</i>) WW Gold Fish crackers)		"SOFT TACO" (WW tortilla, refried beans, shredded cheese)		CANTALOUPE - a + c YOGURT		MILK ANIMAL CRACKERS	
Breakfast (Week 3)	MILK BERRIES - c <i>(strawberries and/or blueberries)</i> *CEREAL: _____ _____	12	MILK PEARS WW ENGLISH MUFFINS <i>with LF margarine</i>	13	MILK WATERMELON - a + c *CEREAL: _____ _____	14	MILK APPLESAUCE BISCUITS <i>with LF margarine</i>	15	MILK TROPICAL FRUIT - a + c WW RAISIN TOAST <i>with LF margarine</i>	16
Afternoon Snack	MILK WW BAGELS <i>w/ LF cream cheese</i>		"GRAND SLAM HERO" - r (crackers, LF cheese, cucumbers, tomatoes - a + c)		ORANGE JUICE - c WW RAISIN BREAD <i>with peanut butter or SunButter</i>		WATERMELON - a + c LF COTTAGE CHEESE		MILK GRAHAM CRACKERS	
Breakfast (Week 4)	MILK BANANAS and BLUEBERRIES - c "BROWN BEAR, BROWN BEAR" - r (WW bread, peanut butter <i>or SunButter</i>)	19	MILK CANTALOUPE - a + c HARD BOILED EGG	20	MILK FRESH PEACHES or PLUMS - a WW TOAST <i>with LF margarine</i>	21	MILK PEARS *CEREAL: _____ _____	22	MILK DICED MANGO- a + c OATMEAL	23
Afternoon Snack	MILK *CEREAL		MILK SOFT BREAD STICKS <i>w/marinara sauce</i>		"YO-CONES" - r (pineapple tidbits - c, yogurt, flat-bottom ice cream cones)		MILK ANIMAL CRACKERS		V-8 FUSION JUICE - a + c TRAIL MIX (*cereal,*crackers, raisins, SF kernels)	

MENU NOTES: 1) Fat-free white milk is served unless otherwise noted.

2) If snack does not include milk or juice, serve water.

3) For items marked with an *, record which kind is served, 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 SK - sunflower kernels