

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

BREAKFAST and AFTERNOON SNACK MENU

JULY 2019

EARLY HEAD START

Classroom:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast (Week 1)	MILK "STRAWBERRY GRAHAM SANDWICH"- r (strawberries - c, strawberry yogurt, graham crackers)	1	MILK PINEAPPLE - c *CEREAL: _____ _____	2	MILK APRICOTS - a WW RAISIN TOAST <i>With margarine</i>	3	NO CLASS	4	NO CLASS	5
Afternoon Snack	FRESH ORANGES - c <i>(or mandarin for younger toddlers)</i> WW PITA BREAD w/hummus		VEGGIES with dip (bell peppers - c, petite carrots - a) CHEESE CRACKERS		MILK WHOLE WHEAT BAGELS <i>w/cream cheese</i>					
Breakfast (Week 2)	MILK BANANAS WHOLE WHEAT TOAST <i>with margarine</i>	8	MILK CANTALOUPE - a + c *CEREAL: _____ _____	9	MILK APPLESAUCE NUTRIGRAIN WAFFLES	10	MILK FRESH PEACHES or NECTARINES - a *CEREAL: _____ _____	11	MILK RAISINS OATMEAL	12
Afternoon Snack	MILK HARD BOILED EGG *WW CRACKERS: _____		VEGGIES with dip (shredded carrots- a, cucumbers) 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: _____ _____	15	MILK PEARS WW ENGLISH MUFFINS <i>with margarine</i>	16	MILK WATERMELON - a + c *CEREAL: _____ _____	17	MILK MANDARIN ORANGES - c BISCUITS <i>with margarine</i>	18	MILK TROPICAL FRUIT - a + c WW RAISIN TOAST <i>With margarine</i>	19
Afternoon Snack	MILK WW BAGELS <i>w/cream cheese</i>		"GRAND SLAM HERO" - r (crackers, cheese, cucumbers, tomatoes - a + c)		APPLESAUCE WW RAISIN BREAD <i>with peanut butter or SunButter</i>		WATERMELON - a + c 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>)	22	MILK CANTALOUPE - a + c HARD BOILED EGG	23	MILK FRESH PEACHES or PLUMS - a WW TOAST <i>With margarine</i>	24	MILK PEARS *CEREAL: _____ _____	25	MILK DICED MANGO- a + c OATMEAL	26
Afternoon Snack	MILK *CEREAL		BANANAS ANIMAL CRACKERS		"YO-CONES" - r (pineapple tidbits - c , yogurt, flat-bottom ice cream cones)		MILK SOFT BREAD STICKS <i>w/marinara sauce</i>		MILK TRAIL MIX (*cereal,*crackers, raisins, SF kernels)	

MENU NOTES: 1) Whole white milk is served to children age 1-2 years, 1% white milk to children age 2 years and older.

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 WW - whole wheat PB - peanut butter