

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

BREAKFAST and AFTERNOON SNACK MENU

JULY 2019

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast (Week 1)	MILK "STRAWBERRY GRAHAM SANDWICH" – r (strawberries – c, strawberry yogurt, graham crackers)	1	MILK MANDARIN ORANGES – c *CEREAL: _____ _____	2	MILK APRICOTS – a WW RAISIN TOAST <i>with LF margarine</i>	3	AGENCY CLOSED	4	AGENCY CLOSED	5
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>					
Breakfast (Week 2)	MILK BANANAS WHOLE WHEAT TOAST <i>with LF margarine</i>	8	MILK CANTALOUPE – a + c *CEREAL: _____ _____	9	MILK APPLESAUCE NUTRIGRAIN LF WAFFLES	10	MILK FRESH PEACHES or NECTARINES – a *CEREAL: _____ _____	11	MILK RAISINS OATMEAL	12
Afternoon Snack	MILK HARD BOILED EGG *WW CRACKERS: _____		"GO FISH" – r (celery sticks, PB or <i>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: _____ _____	15	MILK PEARS WW ENGLISH MUFFINS <i>with LF margarine</i>	16	MILK WATERMELON – a + c *CEREAL: _____ _____	17	MILK APPLESAUCE BISCUITS <i>with LF margarine</i>	18	MILK TROPICAL FRUIT – a + c WW RAISIN TOAST <i>with LF margarine</i>	19
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 or <i>SunButter</i>)	22	MILK CANTALOUPE – a + c HARD BOILED EGG	23	MILK FRESH PEACHES or PLUMS – a WW TOAST <i>with LF margarine</i>	24	MILK PEARS *CEREAL: _____ _____	25	MILK DICED MANGO- a + c OATMEAL	26
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