

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

## BREAKFAST and AFTERNOON SNACK MENU

**JUNE 2019**

**EARLY HEAD START**

**Classroom:**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast (Week 1)	MILK "STRAWBERRY GRAHAM SANDWICH" – r (strawberries – c, strawberry yogurt, graham crackers)	<b>3</b>	MILK PINEAPPLE – c *CEREAL: _____ _____	<b>4</b>	MILK APRICOTS – a WW RAISIN TOAST <i>With margarine</i>	<b>5</b>	MILK FRESH ORANGES – c <i>(or mandarin for younger toddlers)</i> *CEREAL: _____ _____	<b>6</b>	<b>NO CLASS</b>	<b>7</b>
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>		MILK TEDDY GRAHAMS			
Breakfast (Week 2)	MILK BANANAS WHOLE WHEAT TOAST <i>with margarine</i>	<b>10</b>	MILK CANTALOUPE – a + c *CEREAL: _____ _____	<b>11</b>	MILK APPLESAUCE NUTRIGRAIN WAFFLES	<b>12</b>	MILK FRESH PEACHES or NECTARINES – a *CEREAL: _____ _____	<b>13</b>	MILK RAISINS OATMEAL	<b>14</b>
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: _____ _____	<b>17</b>	MILK PEARS WW ENGLISH MUFFINS <i>with margarine</i>	<b>18</b>	MILK WATERMELON – a + c *CEREAL: _____ _____	<b>19</b>	MILK MANDARIN ORANGES – c BISCUITS <i>with margarine</i>	<b>20</b>	MILK TROPICAL FRUIT – a + c WW RAISIN TOAST <i>With margarine</i>	<b>21</b>
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> )	<b>24</b>	MILK CANTALOUPE – a + c HARD BOILED EGG	<b>25</b>	MILK FRESH PEACHES or PLUMS – a WW TOAST <i>With margarine</i>	<b>26</b>	MILK PEARS *CEREAL: _____ _____	<b>27</b>	MILK DICED MANGO- a + c OATMEAL	<b>28</b>
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