

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

BREAKFAST and AFTERNOON SNACK MENU

FEBRUARY 2020

Early Head Start

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Breakfast	MILK PEACHES COTTAGE CHEESE <i>(or hard-boiled eggs if available)</i>	3	MILK CANTALOUPE "BERRY BEAR TRAIL MIX" – r <i>(Blueberry Chex, Teddy Grahams, WW Goldfish crackers)</i>	4	MILK PEARS CINNAMON RAISIN MINI BAGELS <i>with margarine</i>	5	MILK APRICOTS WW ENGLISH MUFFINS <i>with margarine</i>	6	NO CLASS		7
Afternoon snack	APRICOTS CINNAMON RAISIN MINI BAGELS <i>w/peanut butter</i>		MILK WHOLE GRAIN CRACKERS:		CANTALOUPE COTTAGE CHEESE		MILK "BERRY BEAR TRAIL MIX" – r <i>(Blueberry Chex, Teddy Grahams)</i>				
Breakfast	MILK BANANAS *CEREAL: _____	10	MILK "RED LIGHT, GREEN LIGHT" – r <i>(*Crackers: _____, LF cream cheese, strawberries, pineapple tidbits, kiwi)</i>	11	MILK TROPICAL FRUIT WW PITA BREAD <i>with cheese</i>	12	MILK FRESH ORANGES <i>(or mandarin oranges for younger toddlers)</i> *CEREAL: _____	13	MILK PEACHES BISCUITS	14	
Afternoon snack	MILK GRAHAM CRACKERS		BANANAS YOGURT		"RED LIGHT, GREEN LIGHT" – r <i>(Crackers: _____ strawberries, pineapple tidbits, kiwi)</i>		MILK WW PITA BREAD <i>with peanut butter</i>		MILK TRAIL MIX (toasted oats cereal, raisins, sunflower kernels)		
Breakfast	AGENCY CLOSED		17	MILK DICED MANGO *CEREAL: _____	18	MILK "FRIENDSHIP SALAD" – r <i>(pineapple tidbits, mandarin oranges, cherries, yogurt)</i> WW CINNAMON RAISIN BREAD <i>with margarine</i>	19	MILK CLEMENTINES <i>(or mandarin oranges for younger toddlers)</i> OATMEAL	20	MILK PEARS WHOLE WHEAT TOAST <i>with margarine</i>	21
Afternoon snack			CLEMENTINES <i>(or mandarin oranges for younger toddlers)</i> WW CINNAMON RAISIN BREAD <i>w/mar</i>		MILK SCOOBY-DOO GRAHAM CRACKER STICKS		MILK "FRIENDSHIP SALAD" – r <i>(pineapple, oranges, cherries, yogurt)</i>		MATCHSTIX CARROTS and CUCUMBERS <i>w/Ranch dressing</i> WHOLE GRAIN CRACKERS		
CU	MILK "BANANA SUSHI" – r <i>(bananas, peanut butter, WW tortilla)</i>	24	MILK APPLE (shaved or diced) *CEREAL: _____	25	MILK DICED MANGO WHOLE WHEAT BAGELS <i>with margarine</i>	26	MILK APPLESAUCE WHOLE GRAIN WAFFLES <i>w/margarine</i>	27	MILK MANDARIN ORANGES *CEREAL: _____	28	
Afternoon snack	MILK ANIMAL CRACKERS		"BANANA SUSHI" – r <i>(bananas, PB, WW tortilla)</i>		MILK WW GOLDFISH CRACKERS		VEGGIES <i>with hummus</i> <i>(cucumbers, bell peppers)</i> WW BAGELS <i>w/margarine</i>		APPLE (shaved or diced) CHEDDAR CHEESE		

- MENU NOTES:**
- 1) Whole white milk is served to children age 1-2 years; 1% white milk is served to children age 2-3 years
 - 2) Record which kind is served by items marked with an * such as *cereal and *crackers.
 - 3) If snack does not include milk or juice, serve water.
 - 4) Menu abbreviations: r – recipe WW - whole wheat