

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

BREAKFAST and AFTERNOON SNACK MENU

FEBRUARY 2020

MH 116 and GR 106

	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 (Blueberry Chex, Teddy Grahams, WW Goldfish crackers)	4	MILK PEARS CINNAMON RAISIN MINI BAGELS <i>with LF margarine</i>	5	MILK APRICOTS WW ENGLISH MUFFINS <i>with LF 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 (Blueberry Chex, Teddy Grahams)				
Breakfast	MILK BANANAS *CEREAL: _____	10	MILK "RED LIGHT, GREEN LIGHT" – r (Wheat Thins crackers, LF cream cheese, red, yellow, green bell peppers)	11	MILK TROPICAL FRUIT WW PITA BREAD <i>with LF cheese</i>	12	MILK FRESH ORANGES *CEREAL: _____	13	MILK PEACHES BISCUITS	14	
Afternoon snack	MILK GRAHAM CRACKERS		BANANAS YOGURT		"RED LIGHT, GREEN LIGHT" – r (Wheat Thins crackers, LF cream cheese, red, yellow, green peppers)		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 (pineapple tidbits, mandarin oranges, cherries, yogurt) WW CINNAMON RAISIN BREAD <i>with LF margarine</i>	19	MILK CLEMENTINES OATMEAL	20	MILK PEARS WHOLE WHEAT TOAST	21
Afternoon snack			CLEMENTINES WW CINNAMON RAISIN BREAD <i>with LF margarine</i>		MILK SCOOBY-DOO GRAHAM CRACKER STICKS		MILK "FRIENDSHIP SALAD" – r (pineapple, oranges, cherries, yogurt)		MATCHSTIX CARROTS and CUCUMBERS <i>w/LF Ranch dressing</i> WHOLE GRAIN CRACKERS		
CU	MILK "BANANA SUSHI" – r (bananas, peanut butter, WW tortilla)	24	MILK APPLE SLICES *CEREAL: _____	25	MILK VEGGIES <i>with hummus</i> (broccoli, cauliflower) WHOLE WHEAT BAGELS <i>with LF margarine</i>	26	MILK APPLESAUCE WHOLE GRAIN WAFFLES <i>w/LF margarine</i>	27	MILK V8-FUSION JUICE *CEREAL: _____	28	
Afternoon snack	MILK ANIMAL CRACKERS		"BANANA SUSHI" – r (bananas, PB, WW tortilla)		MILK WW GOLDFISH CRACKERS		VEGGIES <i>with hummus</i> (broccoli, cauliflower) WW BAGELS <i>w/LF margarine</i>		APPLE SLICES LF CHEDDAR CHEESE STICK		

- MENU NOTES:**
- 1) Fat-free white milk is served, unless otherwise noted.
 - 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 LF - low fat WW - whole wheat PB - peanut butter