

**C.A.C.S. HEAD START and EARLY CHILDHOOD PROGRAMS
BREAKFAST and AFTERNOON SNACK MENU (4-Day)**

MARCH 2020

Classroom:

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Breakfast	MILK BANANAS *CEREAL: _____ _____	2	MILK APRICOTS QUESADILLAS (whole wheat tortilla, LF cheese)	3	MILK DICED MANGO WW TOAST <i>w/LF margarine</i>	4	MILK MANDARIN ORANGES OATMEAL	5	NO CLASS	6
Afternoon snack	MILK WW BREAD <i>w/peanut butter</i>		BANANAS TEDDY GRAHAMS		MANDARIN ORANGES QUESADILLAS (whole wheat tortilla, LF cheese)		APRICOTS TRAIL MIX (*cereal _____, *crackers _____, raisins, SK)			
Breakfast	MILK "STRAWBERRY GRAHAM SANDWICH" – r (yogurt, strawberries, graham crackers)	9	MILK VEGGIES <i>with LF Ranch dip</i> (carrots, bell peppers) WW BAGELS <i>with strawberry jam</i>	10	MILK STRAWBERRY-BANANA V8 FUSION JUICE *CEREAL: _____ _____	11	MILK APPLESAUCE HARD-BOILED EGG	12	NO CLASS	13
Afternoon snack	STRAWBERRY-BANANA V8 FUSION JUICE LF CHEESE STICK		"STRAWBERRY GRAHAM SANDWICH" – r (yogurt, strawberries, graham crackers)		VEGGIES <i>with LF Ranch dip</i> (carrots, bell peppers) WW BAGELS <i>with strawberry jam</i>		MILK WHEAT THINS CRACKERS			
Breakfast	MILK "BANANA SANDWICH" – r (raisin bread, peanut butter, bananas)	16	MILK PEARS *CEREAL: _____ _____	17	MILK "PINEAPPLE-CARROT PIZZA" – r (WW English muffin, LF cream cheese, shredded carrots, pineapple)	18	MILK FRESH ORANGES WW PITA BREAD <i>with hummus</i>	19	NO CLASS	20
Afternoon snack	FRESH ORANGES WW PITA BREAD <i>with hummus</i>		MILK "BANANA SANDWICH" – r (raisin bread, banana, PB)		MILK ANIMAL CRACKERS		"PINEAPPLE-CARROT PIZZA" – r (WW English muffin, LF cream cheese, pineapple, carrots)			
Breakfast	MILK STRAWBERRIES *CEREAL: _____ _____	23	MILK CANTALOUPE YOGURT	24	MILK "FRUIT FLOWERS" – r (mandarin oranges, celery, LF cottage cheese) WHOLE WHEAT BAGELS <i>w/ LF margarine</i>	25	MILK PEACHES WHOLE GRAIN WAFFLES <i>w/peanut butter</i>	26	NO CLASS	27
Afternoon snack	MILK HARD-BOILED EGG CRACKERS: _____		DICED MANGO WHOLE WHEAT BAGELS <i>with LF margarine</i>		MILK CANTALOUPE *CEREAL: _____		"FRUIT FLOWERS" – r (mandarin oranges, celery, LF cottage cheese)			

- 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 SK – sunflower kernels

MARCH IS NATIONAL NUTRITION MONTH!