

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

MARCH 2020

Early Head Start

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------------------|---|-----------|---|-----------|--|-----------|---|-----------|---|-----------|
| Breakfast | MILK BANANAS *CEREAL: _____ _____ | 2 | MILK APRICOTS QUESADILLAS (whole wheat tortilla, cheese) | 3 | MILK DICED MANGO WW TOAST <i>w/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, cheese) | | APRICOTS TRAIL MIX (*cereal _____, *crackers _____, raisins, SK) | | | |
| Breakfast | MILK "STRAWBERRY GRAHAM SANDWICH" – r (yogurt, strawberries, graham crackers) | 9 | MILK VEGGIES <i>with Ranch dip</i> (carrots, bell peppers) WW BAGELS <i>with strawberry jam</i> | 10 | MILK MANDARIN ORANGES *CEREAL: _____ _____ | 11 | MILK APPLESAUCE HARD-BOILED EGG | 12 | MILK CITRUS SALAD *CEREAL: _____ _____ | 13 |
| Afternoon snack | APPLESAUCE CHEESE | | "STRAWBERRY GRAHAM SANDWICH" – r (yogurt, strawberries, graham crackers) | | VEGGIES <i>with Ranch dip</i> (carrots, bell peppers) WW BAGELS <i>with strawberry jam</i> | | MILK WHEAT THINS CRACKERS | | MILK CHEESE CRACKERS | |
| Breakfast | MILK "BANANA SANDWICH" – r (raisin bread, peanut butter, bananas) | 16 | MILK PEARS *CEREAL: _____ _____ | 17 | MILK "PINEAPPLE-CARROT PIZZA" – r (WW English muffin, cream cheese, shredded carrots, pineapple) | 18 | MILK FRESH ORANGES <i>(or mandarin oranges for younger toddlers)</i> WW PITA BREAD <i>with hummus</i> | 19 | MILK PEACHES BISCUITS | 20 |
| Afternoon snack | FRESH ORANGES <i>(or mandarin oranges for younger toddlers)</i> WW PITA BREAD <i>with hummus</i> | | MILK "BANANA SANDWICH" – r (raisin bread, banana, peanut butter) | | MILK ANIMAL CRACKERS | | "PINEAPPLE-CARROT PIZZA" – r (WW English muffin, cream cheese, pineapple, carrots) | | MILK *CEREAL: _____ _____ | |
| Breakfast | MILK STRAWBERRIES *CEREAL: _____ _____ | 23 | MILK CANTALOUPE YOGURT | 24 | MILK "FRUIT FLOWERS" – r (mandarin oranges, cottage cheese) WHOLE WHEAT BAGELS <i>w/margarine</i> | 25 | MILK PEACHES WHOLE GRAIN WAFFLES <i>w/peanut butter</i> | 26 | MILK PEARS *CEREAL: _____ _____ | 27 |
| Afternoon snack | MILK HARD-BOILED EGG CRACKERS: _____ | | DICED MANGO WHOLE WHEAT BAGELS <i>w/margarine</i> | | MILK CANTALOUPE *CEREAL: _____ | | "FRUIT FLOWERS" – r (mandarin oranges, cottage cheese) | | APPLES (shaved or diced) GOLDFISH CRACKERS | |

- 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 SK – sunflower kernels

MARCH IS NATIONAL NUTRITION MONTH!