

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

**MARCH 2020**

**MH 116 and GR 106**

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

- 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!**