

Headstart Breakfast (CACFP) Cycle Weeks 1-4

Serve Dates	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Bavarian Sausage Sandwich ½ sand Pear/ Applesauce ½ c	Pan Dulce 1/2 Peach/ Canned Peaches ½ c	Bean Burrito 1/2 Apple ½ c	Cereal 1* Banana 1	Ham & Egg Burrito 1/2 Honeydew/Pineapple ½ c
	Smucker's PB&J Sandwich 1/2 Apple Wedges ½ c	Cran/Oatmeal Muffin1 Strawberries ½ c	Egg & Cheese Burrito1/2 Cantaloupe/Orange ½ c	Sunshine Muffin1 Nectarine/ Sunshine Fruit Salad ½ c	Cereal 1* Watermelon/Mixed Fruit ½ c
	Cereal1* Orange Wedges ½ c	Morning Glory Muffin1 Honeydew/Cinn Apple Slices ½ c	Sausage Croissant 1/2 Pear/ Canned Pears ½ c	Banana Muffin1 Strawberries1/2c	Cereal 1* Cheese Stick 1 oz Banana 1
	French Toast Sticks 2 Plum/Applesauce 1	Cereal 1* Cantaloupe/ Sunshine Fruit Salad ½ c	Breakfast Pizza 1/2 Apple Wedges ½ c	Egg & Cheese Burrito 1/2 Peach/ Canned Peaches ½ c	Yogurt 4 oz Graham Cracker 1 pkg Strawberries ½ c

\*\*Cereal must be Cheerios, Rice Krispies, or Cinnamon Flakes