

COSHOCTON COUNTY HEAD START/EARLY HEAD START

2021-2022 APRIL BREAKFAST-LUNCH-SNACK

Coshocton County Career Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p><b>BREAKFAST</b> O.J or any other full strength 100% Juice: 1/2 Cup MILK : 3/4 Cup FRUIT: 1/2 Cup CEREAL: 1/3 Cup (Cold) CRACKERS: Varies with cracker type</p>
<p>4</p> <p><b>Breakfast:</b> Milk/Cereal/ Blueberries</p> <p><b>PM Snack:</b> Water/Fruit Cup/Ritz Crackers(4)</p>	<p>5</p> <p><b>Breakfast:</b> Milk/Banana/ Bagel / Cream Cheese</p> <p><b>PM Snack:</b> Water/ Cheese Chunks/Multi-Grain Crackers (4)</p>	<p>6</p> <p><b>Breakfast:</b> Milk/Mixed Fruit/ Multi-Grain Crackers (4)</p> <p><b>PM Snack:</b> Apple Juice/ Tortilla Chips/ Cheese Dip</p>	<p>7</p> <p><b>Breakfast:</b> Milk/Strawberries/ Cereal</p> <p><b>PM Snack:</b> Water/Mandarin Oranges/ Snack Mix (HM)</p>	<p>8</p> <p><b>Lunch</b> MEAT: Meat Alternatives</p> <p>1 1/2 oz: exception: egg (1) VEGETABLE: 1/4 Cup: exceptions: Carrots, Celery, Green Peppers" Strips" etc. FRUIT: 1/4 Cup, Exceptions: Apples, Oranges, Bananas, etc. (1) BREAD: Bread Alternatives: 1/2 Slice: Exceptions: Crescents, Biscuits, etc. (1) MILK: 3/4 Cup</p>
<p>11</p> <p><b>Breakfast:</b> Milk/Cereal/ Blueberries</p> <p><b>PM Snack:</b> Water/Egg Salad/ Multi-Grain Crackers (4)</p>	<p>12</p> <p><b>Breakfast:</b> Milk/Hard Boiled Egg/ Fruit Cup</p> <p><b>PM Snack:</b> Water/Applesauce/ Flipside Crackers (4)</p>	<p>13</p> <p><b>Breakfast:</b> Milk/Diced Peaches/ Multi-Grain Crackers (4)</p> <p><b>PM Snack:</b> Water/Pineapple/Ritz Crackers (4)</p>	<p>14</p> <p><b>Breakfast:</b> Milk/Bagels/Cream Cheese/ Strawberries</p> <p><b>Lunch:</b> Ham &amp; Cheese sandwich on WW Bread Carrots w/Ranch Banana Milk</p> <p><b>PM Snack:</b> Water/cheese Chunks/Pepperoni/Club Crack- ers (4)</p>	<p>15</p> <p><b>SNACK:</b> O.J or any other full strength 100% Juice: 1/2 Cup MILK : 1/2 Cup FRUIT: 1/2 Cup CEREAL: 1/3 Cup (Cold) CRACKERS: Varies with cracker type MEAT: Meat Alternative: 1/2 oz.: Exception: Egg (1/2)</p>
<p>18</p> <p><b>Breakfast:</b> Milk/Cereal/Mandarin Oranges</p> <p><b>PM Snack:</b> Water/Cheese Chunks/Pretzels</p>	<p>19</p> <p><b>Breakfast:</b> Milk/Bagel/Jelly/ Strawberries</p> <p><b>PM Snack:</b> Water/Fruit cup /WW Bread/Jelly</p>	<p>20</p> <p><b>Breakfast:</b> Milk/Peaches/Goldfish Crackers (10)</p> <p><b>PM Snack:</b> Water/ applesauce/ Flipside Crackers (4)</p>	<p>21</p> <p><b>Breakfast:</b> Milk/Bagels/Cream Cheese/ Strawberries</p> <p><b>PM Snack:</b> Water/ Graham Crackers(4)/Fruit Cup</p>	<p>22</p>
<p>25</p> <p><b>Breakfast:</b> Milk/Cereal/ Blueberries</p> <p><b>PM Snack:</b> Water/Peaches /Ritz Crackers(4)</p>	<p>26</p> <p><b>Breakfast:</b> English Muffins/Jelly/ Fruit cup/Milk</p> <p><b>PM Snack:</b> Water/Graham Crack- ers(4)/Peaches</p>	<p>27</p> <p><b>Breakfast:</b> Milk/Mandarin Orang- es /Cheese-its (10)</p> <p><b>PM Snack:</b> Yogurt/Animal Crack- ers (10)/Water</p>	<p>28</p> <p><b>Teacher 's Inservice</b>  <b>No School</b></p>	<p>This institution is an equal opportunity provider</p>