

**HOME BASE**  
**Socialization Day, Snack Menu**

DATE: 3-01-19 HEAD START CENTER: \_\_\_\_\_ HOME BASE AREA: \_\_\_\_\_

#OF CHILDREN: 12 #OF ADULTS: 2 HOME BASE EDUCATOR: \_\_\_\_\_

MENU

<p><b><u>AM or PM SNACK: circle one</u></b> Waffle 1 ea. Strawberry Yogurt ½ c. 1% White Milk ½ c.</p>
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MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
Waffle Strawberry Yogurt 1%Unflavored White Milk	1 ea. ½ c. ½ c.	_____ ea. _____ lbs. _____ gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
14 @ 1 ea.	Waffle
1.75 lbs.	Strawberry Yogurt
½ gal.	1% Unflavored White Milk

HB-Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

Only one cooking experience per month.

**EMERGENCY SNACK MEAL PATTERN SERVING: 14 Child Serving Size**

ITEMS:                      INGREDIENTS:

One Grain: ½ sl. Bread, 8 oz. Cereal, or 14 @ 1 ea. Frozen Pancake

Fruit: Fresh Fruit @ ½ c. ea. or canned

1% Milk: ½ gallon

Water: Available in Center (do not Purchase)

**\* Amount needed for 1 Home Educator case load.**



Make half your plate fruits and vegetables





Fresno **Economic Opportunities Commission**  
**Head Start**

HOME BASE  
Socialization Day, Snack Menu

DATE: 3-22-19 HEAD START CENTER: \_\_\_\_\_ HOME BASE AREA: \_\_\_\_\_

#OF CHILDREN: 12 #OF ADULTS: 2 HOME BASE EDUCATOR: \_\_\_\_\_

MENU

<p><b><u>AM or PM SNACK: circle one</u></b>          English Muffin ½ ea.          Scrambled Egg ½ ea.          1% White Milk ½ c.</p>
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MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
English Muffin	½ ea.	_____ ea.
Scrambled Egg	½ ea.	_____ ea.
1%Unflavored White Milk	½ c.	_____ gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
7 @ ½ ea.	English Muffin
7 @ ½ ea.	Eggs - scrambled
½ gal.	1% Unflavored White Milk

HB-Supervisor: \_\_\_\_\_ Date: \_\_\_\_\_

Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

Only one cooking experience per month.

**EMERGENCY SNACK MEAL PATTERN SERVING: 14 Child Serving Size**

ITEMS:                      INGREDIENTS:

One Grain: ½ sl. Bread, 8 oz. Cereal, or 14 @ 1 ea. Frozen Pancake

Fruit: Fresh Fruit @ ½ c. ea. or canned

1% Milk: ½ gallon

Water: Available in Center (do not Purchase)

\* Amount needed for 1 Home Educator case load.



Make half your plate fruits and vegetables

