

HOME BASE
Socialization Day, Snack Menu

DATE: 10-11-19 HEAD START CENTER: _____ HOME BASE AREA: _____

#OF CHILDREN: 12 #OF ADULTS: 2 HOME BASE EDUCATOR: _____

MENU

AM or PM SNACK: circle one
 Hard Boiled Egg ½ ea. – Egg Salad
 Whl. Wht. Bread ½ sl.
 Pineapple Tidbits ½ c.
 1% White Milk ½ c.

MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
Hard Boiled Egg – Egg Salad	½ ea.	_____ oz.
Whl. Wht. Bread	½ sl.	_____ slices.
Pineapple Tidbits	½ c.	_____ # __ cans
1% White Milk	½ c.	_____ gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
7 @ ½ ea.	Hard Boiled Egg - egg salad
7 @ ½ sl.	Whole wheat Bread
4 - 16 oz. can	Pineapple Tidbits
½ gal.	1% 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



HOME BASE
Socialization Day, Snack Menu

DATE: 10-25-19 HEAD START CENTER: _____ HOME BASE AREA: _____

#OF CHILDREN: 12 #OF ADULTS: 2 HOME BASE EDUCATOR: _____

MENU

AM or PM SNACK: circle one
 Apples ½ c.
 Plain Yogurt ¼ c.
 Hi Ho Crackers 5 oz.
 1% White Milk ½ c.

MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
Apples ½ c.	½ c.	_____ lbs.
Plain Yogurt ¼ c.	¼ c.	_____ lb.
Hi Ho Crackers	.5 oz.	_____ oz.
1% White Milk	½ c.	_____ gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
1.75 lbs.	Apples - sliced
1.75 lb.	Plain Yogurt
8 oz.	Hi Ho Crackers
½ gal.	1% 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

