

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

DATE: 11-8-19 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>                  WG Pancake 1 ea.                  Frozen Strawberries ½ c.                  1% White Milk ½ c.</p>
---

MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
WG Pancake Frozen Strawberries 1% White Milk	1 ea. ½ c. ½ c.	_____ea. _____oz. _____gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
14 @ 1 ea.	Pancakes WG
16 oz.	Frozen Strawberries
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





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

HOME BASE  
Socialization Day, Snack Menu

DATE: 11-22-19 HEAD START CENTER: \_\_\_\_\_ HOME BASE AREA: \_\_\_\_\_

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

MENU

<p><b>AM or PM SNACK: circle one</b> Grated Cheddar Cheese .5 oz. WG Tortilla ½ sl. 1% White Milk ½ c.</p>
--

MENU PLANNING WORKSHEET

Actual Served - #of children _____ # of adults _____		
SNACK MENU	SERVING PORTION	AMOUNT PREPARED
Grated Cheddar Cheese	.5 oz.	_____ oz.
WG Tortilla - Quesadillas	½ sl.	_____ oz.
1% White Milk	½ c.	_____ gal.

GROCERY LIST (FOR 1 HOME BASE EDUCATOR)

AMOUNT *	DESCRIPTION
8 oz.	Grated Cheddar Cheese
7 @ ½ sl. Ea.	WG Tortilla - Quesadillas
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

