





Extended SNACK MENU – December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Hi Ho Crackers .5 oz. 1% White Milk ½ c.	2. Mini Bagel 1 ea. Cream Cheese 1 oz. Orange wedge ½ c. Water	3. Hi Ho Crackers .5 oz. 1% White Milk ½ c.	4. Pretzels .5 oz. Apples ½ c. Water
7. WG Waffles 1 ea. Frozen Strawberry ½ c. Water	8. Chex Cereal 1 oz. or ½ c. 1% White Milk ½ c.	9. Assorted Crackers .5 oz. Apple Wedges ½ c. Water	10. Hi Ho Crackers .5 oz. 1% White Milk ½ c.	11. Graham Crackers .5 oz. 1% White Milk ½ c.
14. Hi Ho Crackers .5 oz. Orange Wedges ½ c. Water	15. Pancakes 1 ea. 1% White Milk ½ c.	16. Assorted Crackers .5 oz. Banana ½ c. Water	17. Cheerios Cereal 1 oz. or ½ c. 1% White Milk ½ c.	18. Quesadilla ½ ea. Tangerine ½ c. Water
21. Graham Crackers .5 oz. 1% White Milk ½ c.	22. Apple wedges ½ c. Assorted Crackers .5 oz. Water	23. *Use items from emergency supply 1%White Milk ½ c.	24. 	25. 
28. Warm Corn Tortilla ½ String Cheese .5 oz. 1% White Milk ½ c.	29. Graham Crackers .5 oz. 1% White Milk ½ c.	30. Kix Cereal ¾ c. 1% White Milk ½ c.	31. Closed	

Please cut all fresh fruit.

Use Whole Wheat or Multi-Grain products

This Institution is equal opportunity provider.

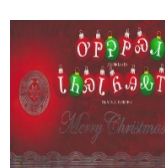
* Use up items from emergency supply and restock (first in first out) with dates.

Día extended Menú diciembre 2020

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	1. Galletas Hi Ho Leche blanca 1%	2. Bajel mini Crema Queso Naranja Agua	3. Galletas Hi Ho Leche blanca 1%	4. Pretzels - Pan seca Manzanas Agua
7. Waffle GE Fresas congelado Agua	8. Cereal Chex Leche blanca 1%	9. Surtido de Galletas Rebanadas de Manzana Agua	10. Galletas Hi Ho Leche blanca 1%	11. Galletas de miel Leche blanca 1%
14. Galletas Hi Ho Rebanadas de Naranja Agua	15. Panqueques Leche blanca 1%	16. Surtido de Galletas Plantó Agua	17. Cereal Cheerios Leche blanca 1%	18. Quesadillas Mandarin Agua
21. Galletas de Miel Leche blanca 1%	22. Rebanadas de Manzana Surtido de galletas Agua	23. Usa las comidas de urgencias	24. 	25. 
28. Tortilla de Maize Queso Leche blanca 1%	29. Galletas de miel Leche blanca 1%	30. Cereal Kix Leche blanca 1%	31. 	

Favor de cortar toda la fruta fresca para nuestros niños. Todos los panes son de trigo integral o multi-grano.

Esta institución es un proveedor que ofrece igualdad de oportunidades.





MENU PLANNING WORKSHEET Extended Day

Week of 12-1-20 thru 12-4-20

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ °F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-1-20	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-2-20	Mini Bagel 1 ea.	#of Children:	14 @ 1 ea.				
	Cream Cheese 1 oz.	#of Adults:	14 oz.				
	Orange Wedge ½ c.		3.75 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-3-20	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-4-20	Pretzels .5 oz.	#of Children:	7 oz.				
	Apple Wedge ½ c.	#of Adults:	1.75 lbs.				
	1% White Milk ½ c.		½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		

Teacher Dir: _____ Date: _____

Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu :

FPC Lunch Menu :

HS PM Snack Menu :

HS Extended Snack Menu :

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Approved by: _____

Make a copy for your own file and send in the original weekly.

Write in your nutrition assistant's name.

All substitutions must be written on Posted Menu, and Menu Planning Worksheet.



Week of 12-7-20 thru 12-11-20

Estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-7-20	WG Waffles 1 ea.	#of Children:	14 @ 1 ea.				
	Frozen Strawberry ½ c.	#of Adults:	2 - 16 oz. bag				
	1% White Milk ½ c.		½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-8-20	Chex Cereal 1 oz. or ½ c.	#of Children:	14 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-9-20	Assorted Crackers .5 oz.	#of Children:	7 oz.				
	Apple Wedges ½ c.	#of Adults:	1.75 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-10-20	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-11-20	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		

Teacher Dir: _____ Date: _____

Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates : _____

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Approved by: _____

Make a copy for your own file and send in the original weekly.

Write in your nutrition assistant's name.

All substitutions must be written on Posted Menu, and Menu Planning Worksheet.



MENU PLANNING WORKSHEET Extended Day

Week of 12-14-20 thru 12-18-20

estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ °F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-14-20	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	Orange Wedges ½ c.	#of Adults:	3.75 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-15-20	Pancakes 1 ea.	#of Children:	14 @ 1 ea.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-16-20	Assorted crackers 5 oz.	#of Children:	7 oz.				
	Banana ½ c.	#of Adults:	4.5 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-17-20	Cheerios Cereal 1 oz. or ½ c.	#of Children:	14 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk:_____	Lactose Free:_____		Name of Other:		
12-18-20	WG Flour tortilla ½ ea.	#of Children:	7 @ ½ ea.				
	Jack Cheese .5 oz.	#of Adults:	7 oz.				
	Tangerine ½ c.		3.25 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		

Teacher Dir: _____ Date: _____

Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates : _____

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Approved by: _____

Make a copy for your own file and send in the original weekly.

Write in your nutrition assistant's name.

All substitutions must be written on Posted Menu, and Menu Planning Worksheet.



MENU PLANNING WORKSHEET Extended Day

Week of 12-21-20 thru 12-25-20

estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-21-20	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		
12-22-20	Apple wedges ½ c.	#of Children:	1.75 lbs.				
	Assorted Crackers .5 oz.	#of Adults	7 oz.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		
12-23-20		#of Children:					
Emergency items	1% White Milk	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		
12-24-20	Holiday						
12-25-20	Holiday						

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

***Use up items that are in your emergency supply (first in first out) by dates and remember to restock for any emergency that may come up. Must have grain or fruit (one item with milk) or (2 items-grain & fruit with water) record all items used. Post what was used**

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates : _____

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Make a copy for your own file and send in the original weekly.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet.

Approved by: _____

Write in your nutrition assistant's name.

Week of 12-28-20 thru 12-30-20

estimated meals served: Children 10 Adults 2

Weekly Refrigerator Temperatures _____ ° F _____ Int.

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Purchased Units:	Amount Served:	Amounts of Leftovers:
12-28-20	Corn Tortilla warmed ½ ea.	#of Children:	7 oz.				
	String Cheese .5 oz.	#of Adults:	7 oz.				
	1% White Milk ½ c.		½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		
12-29-20	Graham Crackers .5 oz.	#of Children:	1.75 lbs.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		
12-30-20	Kix Cereal ¾ c.	#of Children:	14 oz.				
	1% White Milk ½ c.	#of Adults:	½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk_____	Lactose Free_____		Name of Other:		
12-31-2020	Closed						

Teacher Dir: _____ Date: _____

Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.

Center: _____

Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates : _____

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Make a copy for your own file and send in the original weekly.
 All substitutions must be written on Posted Menu, and Menu Planning Worksheet.

Approved by: _____

Write in your nutrition assistant's name.

EXTENDED DAY GROCERY LIST
Dates: 12-1-2020 thru 12-4-2020
Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-1-20	7 oz. 2 – ½ gals.	Hi Ho Crackers 1% White Milk – total for the week
12-2-20	14 @ 1 ea. 14 oz. 3.75 lbs. -	Mini bagels Cream cheese Orange – cut into wedges. Water
12-3-20	7 oz. *	Hi Ho Crackers 1% White Milk
12-4-20	7 oz. 1.75 lbs. -	Pretzels Apples – cut into wedges Water

Dates: 12-7-2020 thru 12-11-2020
Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-7-20	14 @ 1 ea. 2 – 16 oz. bags -	WG Waffles Frozen Strawberries Water
12-8-20	14 oz. 3 – ½ gals.	Chex Cereal 1% White Milk – total for the week*
12-9-20	7 oz. 1.75 lbs. -	Assorted Crackers Apple Wedges Water
12-10-20	7 oz. *	Hi Ho Crackers 1% White Milk
12-11-20	7 oz. *	Graham Crackers 1% White Milk

Date: 12-14-20 thru 12-18-20
Class size: 10 children /2 adults

Date:	Purchased Units	PM – Grocery List
12-14-20	7 oz. 3.75 lbs. -	Hi Ho Crackers Orange Wedges Water
12-15-20	14 @ 1 ea. 2 – ½ gals.	Pancakes 1% White Milk – total for the week*
12-16-20	7 oz. 4.5lbs. -	Assorted Crackers Bananas Water
12-17-20	14 oz. *	Cheerios Cereal 1% White Milk
12-18-20	7 oz. 7 @ ½ ea. 3.25 lbs. -	Jack Cheese Tortilla Whole grain Tangerine Water

MAKE SURE YOU HAVE EMERGENCY MEAL COMPONENTS IN YOUR STORAGE UNIT; make sure to rotate out your emergency meal components. Keep it fresh.

Place a pitcher of water in advance in refrigerator for cool water for snack use.

EXTENDED DAY GROCERY LIST

Dates: 12-21-2020 thru 12-23-2020

Class size: 10 children /2 adults

Date:	Purchased Units	PM - Grocery List
12-21-20	7 oz.	Graham Crackers
	2 - ½ gals.	1% White Milk - total for the week*
12-22-20	1.75 lbs.	Apple Wedges - a fruit
	7 oz.	Assorted Crackers - a grain
	-	Water
12-23-20		Use items from emergency supply:Grain
	½ gal.	May use unopen milk form lunch and breakfast, before you purchase.
12-24-20		Closed
12-25-20		Closed

*Use up items that are in your emergency supply (first in first out) by dates and remember to restock for any emergency that may come up. Must have gain or fruit (one item with milk) or (2 items-grain & fruit with water) please write in all items you used.

Dates: 12-28-2020 thru 12-30-2020

Class size: 10 children /2 adults

Date:	Purchased Units	PM - Grocery List
12-28-20	7 @ ½ ea.	Corn Tortilla - warmed
	7 oz.	String Cheese
	3 - ½ gals.	1% White Milk - total for the week*
12-29-20	7 oz.	Graham Crackers
	*	1% White Milk
12-30-20	14 oz.	Kix Cereal
	*	1% White Milk
12-31-20	Half day no extended menu	

MAKE SURE YOU HAVE EMERGENCY MEAL COMPONENTS IN YOUR STORAGE UNIT;
 Make sure to rotate out your emergency meal components. Keep it fresh.

Place a pitcher of water in advance in refrigerator for cool water for snack use.