









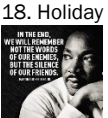


Food Prep Center – BREAKFAST MENU – JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. 
4. WG Blueberry Muffin 1.9 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	5. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	6. Corn Flakes Cereal ¾ c. Apricots ½ c. 1% White Milk 6 oz.	7. WG Waffle 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	8. WG Tasty O's Cereal ¾ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
11. WG Blueberry Muffin 1.9 oz. Mix Fruit ½ c. 1% White Milk 6 oz.	12. Corn Flakes ¾ c. Apricots ½ c. 1% White Milk 6 oz.	13. Scrambled Eggs w/cheese & bacon 1.3 oz. (¼ c.) Applesauce ½ c. 1% White Milk 6 oz.	14. WG English Muffin ½ ea. Cream Cheese 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	15. WG Pancake 1 ea. Strawberry Yogurt 4 oz. Tropical Fruit ½ c. 1% White Milk 6 oz.
18. 	19. WG Waffle 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	20. Corn Flakes Cereal ¾ c. Apricots ½ c. 1% White Milk 6 oz.	21. Cooking Exper. Pg. 43 Boiled Egg ½ ea. WG Tortilla ½ ea. Applesauce ½ c. 1% White Milk 6 oz.	22. WG Tasty O's Cereal ¾ c. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
25. Corn Flakes Cereal ¾ c. Diced pears ½ c. 1% White Milk 6 oz.	26. WG Waffle Sticks 2 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	27. Sausage Patty 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	28. Krispy Rice Cereal ¾ c. Applesauce ½ c. 1% White Milk 6 oz.	29. WG Tasty O's Cereal ¾ c. Tropical Fruit ½ c. 1% White Milk 6 oz.

Head Start - PM SNACK MENU – JANUARY 2021


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Happy New Year
4. WG Tortilla ½ ea. Refried Beans .5 oz. 1% White Milk ½ c.	5. Chicken Noodle Soup ½ c. Assorted Crackers .5 oz. 1% White Milk ½ c.	6. Hi Ho Crackers .5 oz. Orange Wedges ½ c Water	7. Chili Beans ½ c. Assorted Crackers .5 oz. 1% White Milk ½ c.	8. Graham Crackers .5 oz. Apple wedges ½ c. Water
11. Vegetable Soup ½ c. Saltine Crackers .5 oz. 1% White Milk ½ c.	12. Pancake 1 ea. Frozen Strawberries ½ c. Water	13. Graham Crackers .5 oz. 1% White Milk ½ c.	14. Quesadilla ½ ea. Orange Wedges ½ c. Water	15. Hi Ho Crackers .5 oz. 1% White Milk ½ c.
18. Holiday 	19 Graham Crackers .5 oz. 1% White Milk ½ c.	20. Chicken Noodle Soup ½ c. Assorted Crackers .5 oz. 1% White Milk ½ c.	21. Cooking Exper. Pg. 43 Boiled Egg ½ ea. WG Tortilla ½ ea. Applesauce ½ c. Water	22. Bean & Cheese Burrito 1 ea. 1% White Milk ½ c.
25. Hi Ho Crackers .5 oz. Sliced Apple ½ c. Water	26. Bean Burrito 1 ea. 1% White Milk	27. Assorted Crackers .5 oz. Orange slices ½ c. Water	28. Graham Crackers .5 oz. 1% White Milk	29. Pancake 1 ea. Mix Fruit ½ c. Water

All breads & Cereals are WG-Whole Grain. Please cut up all fresh fruit. All 1% White Milk is unflavored. CSPP – California State Preschool Program classes. No cooking experience for December.






This institution is an equal opportunity provider.



FPC – MENÚ DEL DESAYUNO – ENERO 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1. Feliz año Nuevo
4. Panecillo de moras GE Trocitos de piña Leche blanca 1%	5. Panecillo ingles GE Queso crema de fresas Durazno en cubitos Leche blanca 1%	6. Cereal de hojuelas de maíz Chabacanos Leche blanca 1%	7. Waffle GE Fruta Tropical Leche blanca 1%	8. Cereal Tasty O's GE Trocitos de Piña Leche blanca 1%
11. Panecillo de moras GE Mezcla Fruta Leche blanca 1%	12. Cereal de hojuelas de maíz Chabacanos Leche blanca 1%	13. Huevos revueltos con queso y tocino Puré de Manzana Leche blanca 1%	14. Panecillo ingles GE Queso crema Trocitos de Piña Leche blanca 1%	15. Panqueques GE Yogur de Fresas Fruta Tropical Leche blanca 1%
18. 	19. Waffle GE Fruta Tropical Leche blanca 1%	20. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	21. Exp. de cocinar pg. 43 Huevos cocido Tortilla GE Puré de Manzana Leche blanca 1%	22. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
25. Cereal de hojuelas de maíz Pera en cubitos Leche blanca 1%	26. Palitos de waffle GE Durazno en cubitos Leche blanca 1%	27. Salchicha para desayuno Trocitos de Piña Leche blanca 1%	28. Cereal Krispy Rice Puré de manzana Leche blanca 1%	29. Cereal Tasty O's GE Fruta Tropical Leche blanca 1%

Head Start - MENÚ DE BOCADILLOS PM – ENERO 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1. Feliz año Nuevo
4. Tortilla GE Frijoles refritos Leche blanca 1%	5. Caldo de pollo y mollera Surtido de Galletas Leche blanca 1%	6. Galletas Hi Ho Porciones de naranja Agua	7. Frijoles de chile Surtido de Galletas Leche blanca 1%	8. Galletas de miel Porciones de Manzana Agua
11. Caldo de verduras Galletas saladas Leche blanca 1%	12. Panqueques Fresas congeladas Agua	13. Galletas de miel Leche blanca 1%	14. Quesadilla ½ ea. Rebanadas de Naranja Leche blanca 1%	15. Galletas Hi Ho Leche blanca 1%
18. 	19. Galletas de miel Leche blanca 1%	20. Caldo de pollo y mollera Surtido de Galletas Leche blanca 1%	21. Exp. de cocinar pg 43 Huevo cocido Tortillas GE Puré de Manzana Agua	22. Burrito de Frijoles y queso Leche blanca 1%
25. Galletas Hi Ho Rebanadas de manzana Agua	26. Burrito de Frijoles Leche blanca 1%	27. Surtido de Galletas Rebanadas de Naranja Agua	28. Galletas de miel Leche blanca 1%	29. Panqueques GE Mezcla de fruta Agua

Todos los panes y cereales son de Grano Entero: GE. Favor de cortar toda la fruta fresca. Toda la leche 1% no tiene sabores agregados. CSPP – clases del programa Prescolar del Estado de California. Las clases de día completo hacen la experiencia de cocinar PM el 23 de julio de 2020 – El desayuno de las clases de día completo es Cereal Cheerios ¾ tz. y ½ tz de fruta tropical. 6 oz de leche blanca 1%. Compre todo incluyendo 1 gal ½ de leche blanca 1%.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



limpiarse las manos

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 1-4-2021 thru 1-8-2021

Estimated meals served: Children 10 Adults 4

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
1-4-21	WG tortillas ½ ea.	#of Children:	7 @ ½ ea.				
	Refried Beans .5 oz.	#of Adults:	2 - 16 oz. cans				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
1-5-21	Chicken Noodle Soup ½ c.	#of Children:	4 - 16 oz. cans				
	Assorted Crackers .5 oz.	#of Adults:	7 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
1-6-21	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	Orange slices ½ c.	#of Adults:	3.5 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
1-7-21	Chili Beans ½ c.	#of Children:	2 - 16 oz. cans				
	Assorted Crackers .5 oz.		7 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
1-8-21	Graham Crackers .5 oz.	#of Children:	7 oz.				
	Apple Wedge ½ c.	#of Adults:	1.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			

Teacher Dir: _____ Date: _____

Reviewer: _____ Date: _____

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

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 : _____

All 1% White Milk is unflavored. You may always use condiments that you feel snack items need a little something extra; ie- dressing, margarine or any of the sauces

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. Use up all your milk before you go on the holidays.

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 1-11-2021 thru 1-15-2021

Estimated meals served: Children 10 Adults 4

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
1-11-21	Vegetable Soup ½ c.	#of Children:	4 - 16 oz. cans				
	Saltine Crackers .5 oz.	#of Adults:	7 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-12-21	WG Pancake 1 ea.	#of Children:	14 @ 1 ea.				
	Frozen Strawberries ½ c.	#of Adults:	2 - 16 oz. bags				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-13-21	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-14-21	Tortillas WG ½ ea.	#of Children:	7 @ ½ ea.				
	Cheddar Cheese .5 oz.	#of Adults:	7 oz.				
	Orange Wedges ½ c.		3.75 lbs.				
	Water		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-15-21	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk	#of Adults:	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			

Teacher Dir: _____ Date: _____

Reviewer: _____ Date: _____

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

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 : _____

All 1% White Milk is unflavored.

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

Center: _____

Teacher: _____

Week of 1-18-21 thru 1-25-21

Estimated meals served: Children 10 Adults 4

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
1-18-21	Holiday						
1-19-21	Graham Crackers .5 oz. 1% White Milk ½ c.	#of Children: #of Adults:	7 oz. 1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-20-21	Chicken Noodle Soup ½ c. Assorted Crackers .5 oz. 1% White Milk ½ c.	#of Children: #of Adults:	4 - 16 oz. cans 7 oz. 1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-21-21	Boiled Egg ½ ea. - Deviled Eggs Breakfast Pg. 43 Tortilla WG ½ ea. Applesauce ½ c. 1% White Milk 6 oz.	#of Children: #of Adults:	7 @ ½ ea. 7 @ ½ ea. 4 - 16 oz. cans 1 ½ gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-21-21	Boiled Egg ½ ea. - Deviled Eggs PM snack Pg 43 Tortilla WG ½ ea. Applesauce ½ c. Water	#of Children: #of Adults:	7 @ ½ ea. 7 @ ½ ea. 4 - 16 oz. cans -				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-22-21	Bean & Cheese Burrito 1 ea. 1% White Milk ½ c.	#of Children: #of Adults:	14 @ 1 ea. 1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____
If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

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 : _____

All 1% White Milk is unflavored.

TD/CD signature: _____

Approved by: _____

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.

Write in your nutrition assistant's name.

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 1-25-21 thru 1-29-21

Estimated meals served: Children 10 Adults 4

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
1-25-21	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	Apple slices ½ c.	#of Adults:	1.75 lbs.				
	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-26-21	Bean Burrito 1 ea.	#of Children:	14 @ 1 ea.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-27-21	Hi Ho Crackers .5 oz.	#of Children:	7 oz.				
	Orange slices ½ c.	#of Adults:	3.75 lbs				
	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-28-21	Graham Crackers .5 oz.	#of Children:	7 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
1-29-21	Pancake 1 ea.	#of Children:	14 @ 1 ea.				
	Mix Fruit ½ c.	#of Adults:	4 – 16 oz. cans				
	Water		-				
#of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free - _____	Name of other - _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____
 If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

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 : _____

All 1% White Milk is unflavored.

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.

GROCERY LIST

Dates: 1-4-2020 thru 1-8-2020

Class size: 10 children /4 adults

Date:	Purchased Units	PM - Grocery List
1-4-21	14 @ 1 ea.	WG tortillas
	2 - 16 oz. cans	Refried Beans
	3 gals.	1% White Milk - total for the week*
1-5-21	4 - 16 oz. cans	Chicken Noodle Soup
	7 oz.	Assorted Crackers
	*	1% White Milk
1-6-21	7 oz.	Hi Ho Crackers
	3.75 lbs.	Orange - cut into wedges
	-	Water
1-7-21	2 - 16 oz.	Chili Beans
	7 oz.	Assorted Crackers
	*	1% White Milk
1-8-21	7 oz.	Graham Crackers
	1.75 lbs.	Apple - cut into Wedges
	-	Water

Date: 1-11-2021 thru 1-15-2021

Class size: 10 children /4 adults

Date:	Purchased Units	PM - Grocery List
1-11-21	4 - 16 oz. cans	Vegetable Soup
	7 oz.	Saltine Crackers
	3 gals.	1% White Milk - total for the week*
1-12-21	14 @ 1 ea.	Pancakes
	2 -16 oz. bags.	Frozen Strawberries - let thaw out
	-	Water
1-13-21	7 oz. oz.	Graham Crackers
	*	1% White Milk
1-14-21	7 @ ½ ea.	Tortillas WG - Quesadilla
	7 oz.	Cheddar Cheese
	3.75 lbs.	Orange - Cut them into wedges
	-	Water
1-15-21	7 oz.	Hi Ho Crackers
	*	1% White Milk

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.
If water is scheduled and you have plenty of Milk, you may use the milk on water days.

Grocery List

Date: 1-18-2021 thru 1-22-2021

Class size: 10 children /4 adults

Date:	Purchased Units	PM – Grocery List
1-18-21	Holiday	
1-19-21	7 oz. 4½ gal.	Graham Crackers 1% White Milk - total for the week*
1-20-21	4 – 16 oz. cans 7 oz. *	Chicken Noodle Soup Assorted Crackers 1% White Milk
1-21-21	7 @ ½ ea.	Eggs – boiled cut in half – see page 43 Deviled Eggs
Breakfast	7 @ ½ ea. 4 – 16 oz. cans **	Tortilla WG Applesauce 1% White Milk – for breakfast 1½ gals must be purchased
1-21-21	7 @ ½ ea.	Eggs – boiled cut in half – see page 43 Deviled Eggs
PM snack	7 @ ½ ea. 4 – 16 oz. cans -	Tortilla WG Applesauce Water
1-22-21	14 @ 1 ea. *	Bean & Cheese burrito 1% White Milk

Date: 1-25-2021 thru 1-29-2021

Class size: 10 children /4 adults

Date:	Purchased Units	PM – Grocery List
1-25-21	7 oz. 1.75 lbs. -	Hi Ho Crackers Apples – cut into slices Water
1-26-21	14 @ 1 ea. 2 gals.	Bean Burrito 1% White Milk – total for the week*
1-27-21	7 oz. 3.75 lbs. -	Assorted Crackers Oranges – cut into slices Water
1-28-21	7 oz. *	Graham Crackers 1% White Milk
1-29-21	14 @ 1 ea. 4 – 15 oz. cans -	Pancake Mix Fruit Water

MAKE SURE YOU HAVE EMERGENCY MEAL COMPONENTS IN YOUR STORAGE UNIT; And make sure to rotate out your emergency meal components. Keep it fresh. All 1% White Milk is unflavored.

If you have small milk cantons left from Breakfast or lunch due to low attendance, use them for PM snack. Before you go out and purchase milk.

If water is scheduled and you have plenty of Milk, you may use the milk on water days.

Place a pitcher of water in advance in refrigerator for cool water, for snack use. Always leave the cold water on the cart. Not on the table.

All breads & Cereals: WG-Whole Grain. +See FCEOC Head Start New Recipe Book for all ingredients. Please cut up all fresh fruit.

CSPP – California State Preschool Program classes.