









Food Prep Center – BREAKFAST MENU – SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Cornflakes Cereal 1 ea. Apricots ½ c. 1% White Milk 6 oz.	2. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	3. WG Tasty O's Cereal 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
6. 	7. WG Waffle 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	8. Cornflakes Cereal Bowl 1 ea. Apricots ½ c. 1% White Milk 6 oz.	9. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Applesauce ½ c. 1% White Milk 6 oz.	10. WG Tasty O's Cereal 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
13. WG Blueberry Muffin 1.8 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	14. WG Waffle Sticks 2 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	15. Sausage Patty 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.	16. Cooking Exper. Pg. 31 Whole Wheat Toast ½ sl. or .5 oz. Cheddar Cheese 1 sl. Banana ½ c. 1% White Milk 6 oz.	17. WG Tasty O's Cereal Bowl 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.
20. WG Blueberry Muffin 1.8 oz. Diced Peaches ½ c. 1% White Milk 6 oz.	21. Scramble Eggs w/ chz. & Bacon 1.3 oz. Diced Pears ½ c. 1% White Milk 6 oz.	22. Cornflakes 1 bowl. Apricots ½ c. 1% White Milk 6 oz.	23. WG English Muffin ½ ea. Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	24. WG Pancake 1 ea. Strawberry Yogurt 4 oz. Tropical Fruit ½ c. 1% White Milk 6 oz.
27. WG Blueberry Muffin 1.8 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	28. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	29. Cornflakes Cereal bowl 1 ea. Apricots ½ c. 1% White Milk 6 oz.	30. WG Waffle 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	

Head Start - PM SNACK MENU – SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Graham Crackers 1 ea. or .5 oz 1% White Milk ½ c. or 4 oz.	2. Assorted Crackers 4 ea. or .5 oz. Cantaloupe sl. ½ c. Water	3. Quesadillas ½ ea. or .5 oz. 1% White Milk ½ c. or 4 oz.
6. 	7. Hi Ho Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	8. Assorted Crackers 4 ea. or .5 oz. Orange slices ½ c. Water	9. Quesadillas ½ ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	10. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.
13. Hi Ho Crackers 4 ea. or .5 oz. Apple Wedges ½ c. Water	14. Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.	15. Graham Crackers 1 ea. or .5 oz. 1% White Milk 4 oz.	16. Cooking Exper. Pg. 31 Whole Wheat Toast ½ sl. or .5 oz. Cheddar Cheese 1 sl. 1% White Milk 4 oz.	17. Assorted Crackers 4 ea. or .5 oz. Cantaloupe sl. ½ c. Water
20. Mini Bagels 1 ea. or 1 oz. Cream Cheese 1 oz. 1% White Milk ½ c. or 4 oz.	21. Graham Crackers 1 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	22. Quesadillas ½ ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	23. Assorted Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	24. Chex Cereal ½ c. or .5 oz. 1% White Milk ½ c. or 4 oz.
27. Assorted Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	28. Graham Crackers 1 ea. or .5 oz 1% White Milk ½ c. or 4 oz.	29. Hi Ho Crackers 4 ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	30. Quesadillas ½ ea. or .5 oz. 1% White Milk ½ c. or 4 oz.	

All Breakfast Cereal Bowls from FPC are one each. Use up all your Milk even on days of water for PM snack if you need to. All breads & Cereals are WG-Whole Grain. Please cut up all fresh fruit. All 1% White Milk is unflavored. CSPP – California State Preschool Program.




All day classes Breakfast is Cheerios Cereal ¾ c., Tropical Fruit ½ c. 1% White Milk 6 oz. Purchase all including 1 gal.

This Institution is an Equal Opportunity provider.

FPC – MENÚ DEL DESAYUNO – septiembre 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	2. Panecillo ingles GE Queso crema Durazno en cubitos Leche blanca 1%	3. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
6. 	7. Waffles GE Durazno en cubitos Leche blanca 1%	8. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	9. Panecillo ingles GE Queso crema Puré de manzana Leche blanca 1%	10. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
13. Panecillo de moras GE Trocitos de piña Leche blanca 1%	14. Waffles GE Durazno en cubitos Leche blanca 1%	15. Filete de salchicha de puerco Pera en cubitos Leche blanca 1%	16. Exp. de cocinar pg. 31 Pan de trigo integral Queso Leche blanca 1%	17. Cereal Tasty O's GE Fruta Tropical Leche blanca 1%
20. Panecillo de moras GE Trocitos de piña Leche blanca 1%	21. Huevos revueltos con queso y tocino Pera en cubitos Leche blanca 1%	22. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	23. Panecillo ingles GE Queso crema de fresas Durazno en cubitos Leche blanca 1%	24. Panqueques GE Yogur de fresas Fruta Tropical Leche blanca 1%
27. Panecillo de moras GE Trocitos de piña Leche blanca 1%	28. Panecillo ingles GE Queso crema de fresas Durazno en cubitos Leche blanca 1%	29. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	30. Waffle GE Fruta Tropical Leche blanca 1%	

Head Start - MENÚ DE BOCADILLOS PM – septiembre 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1. Galletas de miel Leche blanca 1%	2. Surtido de Galletas Melón Agua	3. Quesadillas Leche blanca 1%
6. 	7. Galletas Hi Ho Leche blanca 1%	8. Surtido de Galletas Porciones de naranja Leche blanca 1%	9. Quesadillas Leche blanca 1%	10. Galletas de miel Leche blanca 1%
13. Galletas Hi Ho Rebanadas de manzana Agua	14. Cereal Kix Leche blanca 1%	15. Galletas de miel Rebanadas de manzana Agua	16. Exp. de cocinar pg. 31 Pan de trigo integral Queso Leche blanca 1%	17. Surtido de Galletas Melón Agua
20. Mini bagel GE Queso crema Leche blanca 1%	21. Galletas de miel Leche blanca 1%	22. Quesadillas Leche blanca 1%	23. Surtido de Galletas Leche blanca 1%	24. Cereal Chex Leche blanca 1%
27. Surtido de Galletas Leche blanca 1%	28. Galletas de miel Leche blanca 1%	29. Galletas Hi Ho Leche blanca 1%	30. Quesadillas Leche blanca 1%	

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

2021 – 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 de leche blanca 1%. Esta institución es un proveedor que ofrece igualdad de oportunidades.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 9-1-2021 & 9-3-2021

Estimated meal served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
9-1-21	Graham Crackers 1 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c or 4 oz.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
9-2-21	Assorted Crackers 4 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	Cantaloupe slice ½ c.	<i>#of Adults:</i>	8 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	Lactose Free ____	Name of Other: _____			
9-3-21	WG Flour Tortillas ½ ea. or .5 oz.	<i>#of Children:</i>	12 @ ½ ea.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	% White Milk ½ c. or 4 oz.		1 gal.				
# of Children	Milk substitutions ½ c.	<i>Soy Milk</i> _____	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.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 9-6-2021 & 9-10-2021

Estimated meal served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
9-6-21	Holiday	#of Children:					
		#of Adults:					
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
9-7-21	Hi Ho Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
9-8-21	Assorted Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	Orange slices ½ c.	#of Adults:	7 lbs.				
	Water						
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
9-9-21	Whl. Wht. Tortillas ½ ea. or .5 oz.	#of Children:	12 @ ½ ea.				
	Jack Cheese .5 oz.	#of Adults:	12 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
9-10-21	Graham Crackers 1 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c or 4 oz.	#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			

Remember to write in all food & amounts used.

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: _____

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.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 9-13-2021 thru 9-17-2021

estimated meal served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
9-13-21	Hi Ho Crackers 4 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	Apple Wedges ½ c.	<i>#of Adults:</i>	7 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-14-21	Kix Cereal ¾ c. or .5 oz.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-15-21	Graham Crackers .5 oz. or 1 ea.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c. or 4 oz.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-16-21	Cooking experience pg. 31						
BREAKFAST	Whl. Wht. Toast ½ sl. or .5 oz.	<i>#of Children:</i>	12 @ ½ ea.				
	Cheddar Cheese Slices .5 oz.	<i>#of Adults:</i>	12 oz.				
	Bananas ½ c.		9 lbs.				
	1% White Milk 6 oz.		1½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-16-21	Cooking experience pg. 31						
PM SNACK	Whl. Wht. Toast ½ sl. or .5 oz.	<i>#of Children:</i>	12 @ ½ ea.				
	Cheddar Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	1% White Milk 4 oz.		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-17-21	Assorted Crackers 4 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	Cantaloupe slice ½ c.	<i>#of Adults:</i>	8 lbs.				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			

Remember to write in all food & amounts used.

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 : _____

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.

All day classes Purchase your own breakfast: Cheerios Cereal ¾ c., canned fruit ½ c., and 1½ gals. of 1% White Milk 6 oz. ea.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 9-20-2021 thru 9-24-2021

Estimated meal served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
9-20-21	Mini Bagels 1 ea. or 1 oz.	#of Children:	23 @ 1 ea.				
	Cream Cheese 1 oz.	#of Adults:	23 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-21-21	Graham Crackers 1 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-22-21	WG Flour Tortilla ½ ea.	#of Children:	12 @ ½ sl.				
	Jack cheese .5 oz.	#of Adults:	12 oz.				
	1% White Milk ½ c. or 4 oz.		1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-23-21	Assorted Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-24-21	Chex Cereal .5 oz. or ½ c.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#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

Remember to write in all foods used.

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 9-27-2021 thru 9-30-2021

Estimated meal served: Children 20 Adults 3

DATE:	Snack Item and Serving Size:	Actual Served:	CACFP Minimum Amount Required	Scale Weight:	Amount Served:	Purchased Units:	Amt. of leftover
9-27-21	Assorted Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-28-21	Graham Crackers 1 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-29-21	Hi Ho Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c. or 4 oz.	#of Adults:	1 gal.				
			-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
9-30-21	WG Flour Tortilla ½ ea. or .5 oz.	#of Children:	12 @ ½ sl.				
	Jack cheese .5 oz.	#of Adults:	12 oz.				
	1% White Milk ½ c. or 4 oz.		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.



GROCERY LIST

Dates: 9-1-2021 thru 9-3-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
9-1-21	14 oz. 1 gal *2 gals- Total for the week	Graham Crackers 1% White Milk 1% White Milk
9-2-21	12 oz. 8 lbs. -	Assorted Crackers Cantaloupe - sliced Water
9-3-21	12 @ ½ ea. 12 oz. 1 gal	Whl. Wheat Tortillas Jack Cheese 1 % White Milk

Date: 9-6-2021 thru 9-10-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
9-6-21	Holiday	
9-7-21	12 oz. 1 gal *3 gals-Total for the week	Hi Ho crackers 1% White Milk 1% White Milk
9-8-21	12 oz. 7 lbs. -	Assorted Crackers Orange - sliced Water
9-9-21	12 @ ½ ea. 12 oz. 1 gal	WG Flour Tortillas Jack Cheese 1% White Milk
9-10-21	14 oz. 1 gal	Graham Crackers 1% White Milk

MAKE SURE YOU HAVE EMERGENCY MEAL COMPONENTS IN YOUR STORAGE UNIT.

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.

CACFP-Child & Adult Care Food Program.

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.



GROCERY LIST

Date: 9-13-2021 thru 9-17-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
9-13-21	14 oz.	Hi Ho Crackers
	7 lbs.	Apples – slice into wedges
	-	Water
	*3 ½ gals-Total for the week	1% White Milk
9-14-21	18 oz.	Kix Cereal
	3 gals	1% White Milk – total for the week
9-15-21	14 oz.	Graham Crackers
	1 gal	1% White Milk
9-16-21	Page 31 Cheese toast	- see recipe book
Breakfast	12 @ 1/2 sl. ea.	Whole Wheat Bread
Cooking Exp.	12 oz.	Cheddar Cheese
	9 lbs.	Banana
Pg. 31	**1 ½ gal for BF	1% White Milk
9-16-21	Page 31 Cheese toast	- see recipe book
PM snack	12 @ 1/2 sl. ea.	Whole Wheat Bread
Cooking Exp.	12 oz.	Cheddar Cheese
Pg. 31	1 gal	1% White Milk
9-17-21	12 oz.	Assorted Crackers
	8 lbs.	Cantaloupe - sliced
	-	Water

Date: 9-20-2021 thru 9-24-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
9-20-21	23 oz. @ 1 ea.	Mini Bagel
	23 oz.	Cream Cheese
	1 gal	1% White Milk
	*5 gals-total for the week	1% White Milk
9-21-21	14 oz.	Graham Crackers
	1 gal	1% White Milk
9-22-21	12 @ ½ sl.	Tortilla WG
	12 oz.	Jack Cheese
	1 gal	1 % White Milk
9-23-21	12 oz.	Assorted Crackers
	1 gal	1% White Milk
9-24-21	18 oz.	Chex Cereal
	1 gal	1% White Milk

Date: 9-27-2021 thru 9-30-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
9-27-21	12 oz.	Assorted Crackers
	1 gal	1% White Milk
	*4 gals-Total for the week	1% White Milk
9-28-21	14 oz.	Graham Crackers
	1 gal	1% White Milk
9-29-21	12 oz.	Hi Ho Crackers
	1 gal	1% White Milk
9-30-21	12 @ ½ sl.	Tortilla WG
	12 oz.	Jack Cheese
	1 gal	1 % White Milk

MAKE SURE YOU HAVE EMERGENCY MEAL COMPONENTS IN YOUR STORAGE UNIT.

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.

CACFP-Child & Adult Care Food Program.

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.