







Food Prep Center – BREAKFAST MENU – OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. WG Tasty O's Cereal 1 bowl ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
4. WG Blueberry Muffin 1.8 oz. Pineapple Tidbits ½ c 1% White Milk 6 oz.	5. WG Waffles 1 ea. Tropical Fruits ½ c. 1% White Milk 6 oz.	6. Corn Flakes 1 bowl ea. Apricots ½ c. 1% White Milk 6 oz.	7. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Applesauce ½ c. 1% White Milk 6 oz.	8. All Staff In-Service WG Tasty O's Cereal 1 bowl ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
11. Indigenous People's Day Holiday	12. WG Waffles 1 ea. Mixed Fruits ½ c. 1% White Milk 6 oz.	13. Sausage Patty 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.	14. Cooking Exper. Pg. 43 Devilish Eggs 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	15. WG Tasty O's Cereal ½ c. or .5 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
18. WG Blueberry Muffin 1.8 oz. Applesauce ½ c. 1% White Milk 6 oz.	19. Scrambled Eggs w/cheese & bacon 1.3 oz. (¼ c.) Apricots ½ c. 1% White Milk 6 oz.	20. Corn Flakes ½ c. or .5 oz Diced Pears ½ c. 1% White Milk 6 oz.	21. WG English Muffin ½ ea. Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6 oz.	22. WG Pancake 1 ea. Strawberry Yogurt 4 oz. Tropical Fruit ½ c. 1% White Milk 6 oz.
25. WG Blueberry Muffin 1.8 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	26. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.	27. Corn Flakes Cereal ½ c. or .5 oz. Apricots ½ c. 1% White Milk 6 oz.	28. WG Waffles 1 ea. Tropical Fruits ½ c. 1% White Milk 6 oz.	29. WG Tasty O's Cereal ½ c. or .5 oz. Diced Peaches ½ c. 1% White Milk 6 oz.

Head Start - PM SNACK MENU – October 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1. Graham Crackers 1 ea. or .5 oz. Orange wedges ½ c. Water
4. Hi Ho Crackers 4 ea. or .5 oz. Sliced Apple ½ c. Water	5. Cheddar Cheese .5 oz. Whl. Wht. Bread ½ sl. or .5 oz. 1% White Milk ½ c.	6. Assorted Crackers 4 ea. or .5 oz. Orange Wedges ½ c Water	7. Whl. Wht. Tortilla ½ ea. or .5 oz. Jack Cheese .5 oz. 1% White Milk ½ c.	8. All Staff In-Service Cheddar Goldfish Crackers ¼ c. or .5 oz. Apple wedges ½ c. Water
11. Indigenous People's Day Holiday	12. Krispy Rice Cereal ¾ c. or .5 oz. Frozen Strawberries ½ c. 1% White Milk ½ c.	13. Assorted Crackers 4 ea. or .5 oz. Mix Fruit ½ c. Water	14. Cooking Exper. Pg. 43 Devilish Eggs ½ ea. Cheese Gold Fish ¼ c. or .5 oz. 1% White Milk ½ c.	15. Quesadilla ½ ea. or .5 oz. Orange Wedges ½ c. Water
18. Graham Crackers 1 ea. or .5 oz. Cantaloupe ½ c. Water	19. Hi Ho Crackers 4 ea. or .5 oz. 1% White Milk ½ c.	20. WG Waffle 1 ea. Mix Fruit ½ c. Water	21. Krispy Rice Cereal ¾ c. or .5 oz. 1% White Milk ½ c.	22. Cheddar. Goldfish Crackers ¼ c. or .5 oz. Orange wedges ½ c. Water
25. Hi Ho Cracker 4 ea. or .5 oz. Sliced Apple ½ c. Water	26. Graham Crackers 1ea. or .5 oz. 1% White Milk ½ c.	27. WG Waffles 1 ea. Sliced Orange ½ c. Water	28. Corn Chex Cereal 1oz. or ½ c 1% White Milk ½ c.	29. Assorted Crackers 4 ea. or .5 oz. Frozen Strawberries 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. All day classes do PM cooking experience on 7-23-2020 – **All day classes Breakfast is Cheerios Cereal ¾ c., Tropical Fruit ½ c. 1% White Milk 6 oz. Purchase all including 1½ gals. of 1% White Milk.**

This institution is an equal opportunity provider.

FPC – MENÚ DEL DESAYUNO – Octubre 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1. Cereal Tasty O's Trocitos de piña Leche blanca 1%
4. Panecillo de moras GE Trocitos de piña Leche blanca 1%	5. Palitos de waffle GE Fruta tropical Leche blanca 1%	6. Cereal de hojuelas de maíz Chabacanos Leche blanca 1%	7. Panecillo ingles GE Queso crema de fresas Puré de Manzana Leche blanca 1%	8. All Staff In-Service Cereal Tasty O's Trocitos de piña Leche Blanca 1%
11. Día festivo, Día de los Indijenas	12. Palitos de waffle GE Mezcla de fruta Leche blanca 1%	13. Filete de salchicha de puerco Pera en cubitos Leche blanca 1%	14. Exp. de cocinar pg. 43 Huevos Diabolicas Cubitos de durazno Leche blanca 1%	15. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
18. Panecillo de moras GE Puré de Manzana Leche blanca 1%	19. Huevos revueltos con queso y tocino Chabacanos Leche blanca 1%	20. Cereal de hojuelas de maíz Pera en cubitos Leche blanca 1%	21. Panecillo ingles GE Crema queso Durazno en cubitos Leche blanca 1%	22. Panqueques Yogur de fresas Fruta tropical Leche blanca 1%
25. Panecillo de moras GE Trocitos de piña Leche blanca 1%	26. Panecillo ingles GE Queso crema de fresas Pera en cubitos Leche blanca 1%	27. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	28. Palitos de waffle GE Fruta tropical Leche blanca 1%	29. Cereal Tasty O's GE Durazno en cubitos Leche blanca 1%

Head Start - MENÚ DE BOCADILLOS PM – Octubre 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
				1. Galletas de miel Porciones de naranja Agua
4. Galletas Hi Ho Rebanadas de manzana Agua	5. Queso cheddar Pan de trigo integral Leche blanca 1%	6. Surtido de Galletas Porciones de naranja Agua	7. Tortilla de trigo integral Queso Jack Leche blanca 1%	8. All Staff In-Service Galletas de Goldfish Porciones de manzana Agua
11. Día festivo, Día de los Indijenas	12. Cereal de arroz Krispy Fresas congeladas Agua	13. Surtido de Galletas Mezcla de fruta Agua	14. Exp. de cocinar pg.106 Huevos Diabolicas Mitad de Durazno Leche blanca 1%	15. Quesadillas Porciones de naranja Agua
18. Galletas de miel melón Agua	19. Galletas Hi Ho Leche blanca 1%	20. Burrito de frijoles Mezcla de fruta Agua	21. Cereal de arroz Krispy Leche blanca 1%	22. Galletas de Goldfish Porciones de Naranja Agua
25. Galletas Hi Ho Rebanadas de manzana Agua	26. Galletas de miel Leche blanca 1%	27. Waffle Rebanadas de naranja Agua	28. Cereal maíz chex Leche blanca 1%	29. Surtido de Galletas Fresas congeladas 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 10-4-2021 & 10-8-2021

Estimated meals 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
10-4-21	Hi Ho Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Sliced Apple ½ c.	<i>#of Adults:</i>	3.5 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
10-5-21	Cheddar Cheese .5 oz.	<i>#of Children:</i>	12 oz.				
	Whl Wht. Bread ½ sl.	<i>#of Adults:</i>	12 @ ½ ea.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
10-6-21	Assorted Crackers 4 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	Orange Wedges ½ c.	<i>#of Adults:</i>	14 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
10-7-21	Whl. Wht. Tortillas ½ ea.	<i>#of Children:</i>	12 @ ½ ea.				
	Jack Cheese .5 oz.	<i>#of Adults:</i>	12 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
10-8-21	All Staff In-Service Cheddar Goldfish Cracker ¼ c. or .5 oz	<i>#of Children:</i>	12 oz.				
	Apple Wedges ½ c.	<i>#of Adults:</i>	3.5 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.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 10-11-2021 thru 10-15-2021

Estimated meals 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
10-11-21	Holiday						
10-12-21	Krispy Rice Cereal ¼ c. or .5 oz.	#of Children:	12 oz.				
	Frozen Strawberries ½ c.	#of Adults:	7 - 16 oz. bags				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-13-21	Assorted Crackers 4 ea. or .5 oz	#of Children:	12 oz.				
	Mix Fruit 1/2	#of Adults:	5 - 29 oz. can				
	Water						
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-14-21	Devilish Eggs - see recipe 43	#of Children:					
Breakfast	Devilish Egg 1 ea.	#of Adults:	24 eggs @ 1 ea.				
Cooking	Sliced Peaches ½ c.		4 - 29 oz. cans				
Experience							
Page 106	1% White Milk 6 oz.		1½ gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-14-21	Devilish Eggs - see recipe 43	#of Children:					
PM snack	Devilish Eggs ½ c.	#of Adults:	12 @ ½ ea.				
Cooking	Gold Fish Crackers ¼ c. or .5 oz.		12 .oz.				
Experience							
Page 106	1% White Milk ½ c.		1 gal				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-15-21	Flour Tortilla WG ½ ea.	#of Children:	12 @ ½ ea.				
	Cheddar cheese .5 oz.	#of Adults:	12 oz.				
	Orange wedges ½ c.		14 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.

TD/CD signature: _____
 Make a copy for your own file and send in the original weekly.

Approved by: _____
 Write in your nutrition assistant's name.



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

All day classes are to make the PM cooking experience. 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 10-18-2021 thru 10-22-2021

Estimated meals 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
10-18-21	Graham Crackers 1 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	Cantaloupe ½ c.	<i>#of Adults:</i>	8.5 lbs.				
	Water		-				
# of children	Milk Substitutions ½ c.	<i>Soy Milk - _____</i>	<i>Lactose Free- _____</i>	<i>Name of Other - _____</i>			
10-19-21	Hi Ho Crackers 4 ea. or .5 oz.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of children	Milk Substitutions ½ c.	<i>Soy Milk - _____</i>	<i>Lactose Free- _____</i>	<i>Name of Other - _____</i>			
10-20-21	WG Waffle 1 ea.	<i>#of Children:</i>	23 @ 1 ea.				
	Mix Fruit ½ c.	<i>#of Adults:</i>	5 -29 oz. cans				
	Water		-				
# of children	Milk Substitutions ½ c.	<i>Soy Milk - _____</i>	<i>Lactose Free- _____</i>	<i>Name of Other - _____</i>			
10-21-21	Krispy Rice Cereal ¾ c. or .5 oz.	<i>#of Children:</i>	12 oz.				
		<i>#of Adults:</i>					
	1% White Milk ½ c.		1 gal.				
# of children	Milk Substitutions ½ c.	<i>Soy Milk - _____</i>	<i>Lactose Free- _____</i>	<i>Name of Other - _____</i>			
10-22-21	Cheddar Goldfish Crackers ¼ c. or .5 oz.	<i>#of Children:</i>	12 oz.				
	Orange Wedges ½ c.	<i>#of Adults;</i>	14 lbs.				
	Water		-				

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.



MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 10-26-2021 thru 10-29-2021

Estimated meals 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
10-25-21	Hi Ho Crackers 4 ea. or .5 oz.	#of Children:	12 oz.				
	Sliced Apples ½ c.	#of Adults:	3.5 lbs.				
	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-26-21	Graham Crackers 1 ea. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-27-21	WG Waffles 1 ea.	#of Children:	23 @ 1 ea.				
	Orange slices ½ c.	#of Adults:	14 lbs.				
	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-28-21	Corn Chex Cereal ½ c. or .5 oz.	#of Children:	12 oz.				
	1% White Milk ½ c.	#of Adults:	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
10-29-21	Assorted Crackers 4 ea. or .5 oz	#of Children:	12 oz.				
	Frozen Strawberries ½ c.	#of Adults:	7 - 16 oz. bags				
	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: 10-1-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-1-21	12 oz.	Graham Crackers
	14 lbs.	Orange Wedges
	-	Water

Date: 10-4-2021 thru 10-8-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-4-21	12 oz.	Hi Ho Crackers
	3.5 lbs.	Sliced Apples
	-	Water
10-5-21	12 oz.	Cheddar Cheese
	12 @ ½ slice ea.	Whl. Wht. Bread
	2 gal.	1% White Milk - total for the week*
10-6-21	12 oz.	Assorted Crackers
	14 lbs.	Orange - sliced
	-	Water
10-7-21	12 @ ½ ea.	WG Flour Tortilla
	12 oz.	Jack Cheese
	*	1% White Milk
10-8-21	All Staff In-Service	
	12 oz.	Cheddar Goldfish Crackers
	3.5 lbs.	Apple Wedges
	-	Water

Date: 10-11-2021 thru 10-15-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-11-21	Holiday	
10-12-21	12 oz.	Krispy Rice Cereal
	7 - 16 oz.	Frozen Strawberries
	2-1/2 gal.	1% White Milk - total for the week
10-13-21	12 oz. oz.	Assorted Crackers
	5- 29 oz. can	Mix Fruits
	-	Water
10-14-21		Devilish Eggs - cooking experience page 43
Breakfast	24 @ 1 ea.	Devilish Eggs
Cooking	4- 29 oz. can	Sliced Peaches
Pg 43		
Exper.	**	1% White Milk- ** needs 1½ gal.
10-14-21		Devilish Eggs - cooking experience page 43
PM snack	12 @ ½ ea.	Devilish Eggs
Cooking	12 oz.	Gold Fish Crackers
Pg 106		
Exper.	*	1% White Milk
10-15-21	12 @ ½ ea.	Flour Tortilla WG
	12 oz.	Cheddar Cheese
	14 lbs.	Orange wedged
	-	Water

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.

All "day" classes are to make the PM cooking experience.

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

Grocery List

Date: 10-18-2021 thru 10-22-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-18-21	12 oz.	Graham Crackers
	8.5 lbs.	Cantaloupe
	-	Water
10-19-21	12 oz.	Hi Ho Crackers
	2 - gals.	1% White Milk - total for the week*
10-20-21	24 @ 1 ea.	WG Waffles
	5 - 29 oz. cans	Mix Fruit
	-	Water
10-21-21	12 oz.	Krispy Rice Cereal
	*	1% White Milk
10-22-21	12 oz.	Cheddar Cheese Goldfish crackers
	14 lbs.	Orange Wedges
	-	Water

Date: 10-25-2021 thru 10-29-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-25-21	12 oz.	Hi Ho Crackers
	3.5 lbs.	Sliced Apples
	-	Water
10-26-21	12 oz.	Graham Crackers
	2 gal.	1% White Milk - total for the week*
10-27-21	24 @ 1 ea.	WG Waffles
	14 lbs.	Sliced Oranges
	-	Water
10-28-21	12 oz.	Corn Chex Cereal
	*	1% White Milk
10-29-21	12 oz.	Assorted Crackers
	7 -16 oz. bags	Frozen Strawberries
	-	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.