









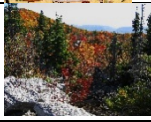



Food Prep Center – BREAKFAST MENU – NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. WG Blueberry Muffin 1.9 oz. Pineapple Tidbits 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. Corn Flakes Cereal ¾ c. Apricots ½ c. 1% White Milk 6 oz.	4. WG Waffles 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	5. WG Tasty O's Cereal Bowl 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
8. WG Blueberry Muffin 1.9 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	9. WG Waffles 1 ea. Tropical Fruit ½ c. 1% White Milk 6 oz.	10. Corn Flakes Cereal Bowl 1 ea. Apricots ½ c. 1% White Milk 6 oz.	11. Veterans Holiday 	12. WG Tasty O's Cereal Bowl 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
15. Corn Flakes Cereal 1 bowl ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	16. WG Waffles Stick 2 ea. Mixed Fruit ½ c. 1% White Milk 6 oz.	17. Sausage Patty 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.	18. Krispy Rice Cereal Bowl 1 ea. Applesauce- ½ cup 1% White Milk 6 oz.	19. WG Tasty O's Cereal Bowl 1 ea. Pineapple Tidbits ½ c. 1% White Milk 6 oz.
22. CSPP WG Blueberry Muffin 1.9 oz. Applesauce ½ c. 1% White Milk 6 oz.	23. CSPP Scrambled Eggs w/chz & Bacon 1.3 oz. (¼ c.) Apricots ½ c. 1% White Milk 6 oz.	24. CSPP Corn Flakes Cereal Bowl 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.	25. Holiday 	26. Holiday Thanksgiving 
29. WG Blueberry Muffin 1.9 oz. Pineapple Tidbits ½ c. 1% White Milk 6 oz.	30. WG English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Pears ½ c. 1% White Milk 6 oz.			







Head Start - PM SNACK MENU – NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Hi Ho Crackers .5 oz. 1% White Milk ½ c.	2. Pancakes 1 ea. Sliced Oranges ½ c. Water	3. Assorted Crackers .5 oz. 1% White Milk ½ c.	4. Bean Burrito 1 ea. Frozen Strawberries ½ c. Water	5. Graham Crackers .5 oz. 1% White Milk ½ c.
8. Hi Ho Crackers .5 oz. Sliced Apple ½ c. Water	9. Cheddar cheese .5 oz. Whl. Wht. Bread ½ sl. 1% White Milk ½ c.	10. Graham Crackers .5 oz. 1% White Milk ½ c.	11. Veterans Holiday 	12. Ched. Goldfish Crackers .5 oz. Apple wedges ½ c. Water
15. Waffle 1 ea. Frozen Strawberries ½ c. Water	16. Mini Bagel 1 ea. Cream Cheese 1 oz. 1% White Milk ½ c.	17. Assorted Crackers .5 oz. Mix Fruit ½ c. Water	18. Apples ½ c. Bananas ½ c. Lettuce leaf 1 ea. Graham Crackers .5 oz. 1% White Milk ½ c.	19. Quesadilla ½ ea. Orange Wedges ½ c. Water
22. CSPP Hi Ho Crackers .5 oz. 1% White Milk ½ c.	23. CSPP Pancakes 1 ea. Frozen Strawberries ½ c. Water	24. CSPP Graham Crackers .5 oz. 1% White Milk ½ c.	25. Holiday 	26. Holiday 
29. CSPP Hi Ho Cracker .5 oz. Sliced Apple ½ c. Water	30. Mini Bagel 1 ea. Cream Cheese 1 oz. 1% White Milk ½ c.			

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.
This institution is an equal opportunity provider.



FPC – MENÚ DEL DESAYUNO – Noviembre 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1. Panecillo de moras GE Trocitos de piña Leche blanca 1%	2. Panecillo ingles GE Queso crema Pera en cubitos Leche blanca 1%	3. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	4. Waffle GE Fruta Tropical Leche blanca 1%	5. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
8. Panecillo de moras GE Durazno en cubitos Leche blanca 1%	9. Waffle GE Fruta Tropical Leche blanca 1%	10. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	11. Día Los Veteranos 	12. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
15. Cereal Hojuelas de maíz Trocitos de piña Leche blanca 1%	16. Waffles GE Mezcla de fruta Leche blanca 1%	17. Filete de salchicha de puerco Pera en cubitos Leche blanca 1%	18. Cereal Krispy Rice Puré de manzana Leche blanca 1%	19. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
22. CSPP Panecillo de moras GE Leche blanca 1%	23. CSPP Huevos revueltos con queso y tocino Chabacanos Leche blanca 1%	24.. CSPP Cereal Hojuelas de maíz Pera en cubitos Leche blanca 1%	25. 	26. 
29. Panecillo de moras GE Trocitos de piña Leche blanca 1%	30. Panecillo ingles GE Queso crema Pera en cubitos Leche blanca 1%			

Head Start - MENU DE BOCADILLOS PM – Noviembre 2021

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
1. Galletas Hi Ho Leche blanca 1%	2. Panqueques Tiras de Naranja Agua	3. Surtido de Galletas Leche blanca 1%	4. Burrito de frijoles Fresas congeladas Agua	5. Galletas de miel Leche blanca 1%
8. Galletas Hi Ho Rebanadas de manzana Agua	9. Queso cheddar Pan de trigo integral Leche blanca 1%	10. Galletas de miel Leche blanca 1%	11. Día Los Veteranos 	12. Galletas de queso Porciones de manzana Agua
15. Bafle Fresas congeladas Agua	16. Mini bajel Queso crema Leche blanca 1%	17. Surtido de Galletas Mezcla Fruta Agua	18. Manzana Plátano Lechuga Galletas de miel Leche blanca 1%	19. Quesadillas Porciones de naranja Agua
22. CSPP Galletas Hi Ho Leche blanca 1%	23. CSPP Panqueques Fresas congeladas Leche blanca 1%	24. CSPP Galletas de miel Leche blanca 1%	25. 	26. 
29. Galletas Hi Ho Rebanadas de manzana Agua	30. Mini bajel Queso crema 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.

Esta institución es un proveedor que ofrece igualdad de oportunidades.





MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 11-1-2021 & 11-5-2021

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
11-1-21	Hi Ho Crackers .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: _____			
11-2-21	Pancakes 1 ea.	#of Children:	23 @ 1 ea.				
	Sliced Oranges ½ c.	#of Adults:	13.75 lbs.				
	Water						
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
11-3-21	Assorted Crackers .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: _____			
11-4-21	Bean Burrito 1 ea.	#of Children:	23 @ 1 ea.				
	Frozen strawberries ½ c.	#of Adults:	6-16 oz. bags				
	Water						
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
11-5-21	Graham Crackers .5 oz.	#of Children:	14 oz.				
	1% White Milk ½ c.	#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. 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 11-8-2021 & 11-12-2021

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
11-8-21	Hi Ho Crackers .5 oz.	#of Children:	12 oz.				
	Sliced Apple ½ c.	#of Adults:	3.25 lbs.				
	Water						
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
11-9-21	Cheddar Cheese .5 oz.	#of Children:	12 oz.				
	Whl Wht. Bread ½ sl.	#of Adults:	12 oz. @ ½ slice ea.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
11-10-21	Graham Crackers .5 oz	#of Children:	14 oz.				
		#of Adults:					
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
11-11-21	Veterans Day Holiday	#of Children:					
		#of Adults:					
# of Children	Milk substitutions ½ c.	Soy Milk _____	Lactose Free ____	Name of Other: _____			
11-12-21	Cheddar Chz. Goldfish cracker .5 oz	#of Children:	12 oz.				
	Apple Wedges ½ c.	#of Adults:	3.25 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 11-15-2021 thru 11-19-2021

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
11-15-21	WG Waffle 1 ea.	#of Children:	23 @ 1 ea.				
	Frozen Strawberries ½ c.	#of Adults:	6-16 oz. bags				
	Water		-				
11-16-21	Mini Bagel 1 ea.	#of Children:	12 oz. @ 1 ea.				
	Cream Cheese 1 oz.	#of Adults:	14 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-17-21	Assorted Crackers .5 oz.	#of Children:	12 oz.				
	Mix Fruit ½ c.	#of Adults:	5 -16 oz. cans or 1 - #10 can				
	Water		-				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-18-21		#of Children:					
		#of Adults:					
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-18-21	Lettuce leaf 1 ea.	#of Children:	1 head	Caterpillar	Fruit Salad	- see pg.	20
PM snack	Small Apple 1 ea.	#of Adults:	1.75 lbs.				
	Banana ½ ea.		5 lbs.				
	Graham Crackers 1 oz.		7 oz.				
	1% White Milk ½ c.		1 gal				
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-19-21	Flour Tortilla WG ½ ea.	#of Children:	12 oz. @ ½ ea.				
	Cheddar cheese .5 oz.	#of Adults:	19 oz.				
	Orange wedges ½ c.		13.75 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.

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.
Go to page 20 for cooking experience. 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 11-22-2021 thru 11-26-2021

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
11-22-21	Hi Ho Crackers .5 oz.	<i>#of Children:</i>	14 oz.				
CSPP	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-23-21	Pancakes 1 ea.	<i>#of Children:</i>	23 @ 1 ea.				
	Frozen Strawberries	<i>#of Adults:</i>	6-16 oz. bags				
CSPP	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-24-21	Graham Crackers .5 oz	<i>#of Children:</i>	14 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-25-21	Thanksgiving Holiday						
# of children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free-_____	Name of Other - _____			
11-26-21	Thanksgiving Holiday						

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 11-30-2020

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
11-29-21	Hi Ho Crackers .5 oz.	<i>#of Children:</i>	14 oz.				
	Sliced Apples ½ c.	<i>#of Adults:</i>	3.25 lbs.				
	Water		-				
# of children	Milk Substitutions ½ c.	Soy Milk - ____	Lactose Free-____	Name of Other - ____			
11-30-21	Mini Bagel 1 ea.	<i>#of Children:</i>	12 oz. @ 1 ea.				
	Cream Cheese 1 oz.		14 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				

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: 11-1-2021 thru 11-5-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
11-1-21	14 oz.	Hi Ho Crackers
	3 – gals*	1% White Milk – total for the week*
11-2-21	23 @ 1 ea.	Pancakes-
	13.75	Oranges – sliced
	-	Water
11-3-21	12 oz.	Assorted Crackers
	*	1% White Milk
11-4-21	23 @ 1 ea.	Bean Burrito
	8 – 16 oz. bags	Frozen Strawberries – thaw before serving
	-	Water
11-5-21	14 oz.	Graham Crackers
	*	1% White Milk

Date: 11-8-2021 thru 11-12-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
11-8-21	14 oz.	Hi Ho Crackers
	3.75 lbs.	Sliced Apples
	-	Water
11-9-21	12 oz.	Cheddar Cheese
	12 @ ½ sl. ea.	Whl. Wht. Bread
	2 gals.	1% White Milk – total for the week*
11-10-21	14 oz.	Graham Crackers
	*	1% White Milk
11-11-21	Veteran's Day	
11-12-21	12 oz.	Cheddar Goldfish Crackers
	3.75 lbs.	Apple Wedges
	-	Water

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

GROCERY LIST

Date: 11-15-2021 thru 11-19-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
11-15-21	23 @ 1 ea.	Waffle
	6 - 16 oz. gags	Frozen Strawberries
	-	Water
11-16-21	23 @ 1 ea.	Mini Bagels
	14 oz.	Cream cheese
	3½ - gals	1% White Milk
11-17-21	14 oz. oz.	Assorted Crackers
	2 - 16 oz. cans or 1- #10 can	Mix Fruit
	-	Water
11-18-21		
11-18-21	1 head	Lettuce leaf
PM snack	1.75 lbs.	Apples – Caterpillar Fruit Salad, page 20 – look for the rest of the ingredients; cut raisins in half
	3.75	Bananas
	14 oz.	Graham Crackers
	*	1% White Milk
11-19-21	12 @ ½ ea.	Flour Tortilla WG
	12 oz.	Cheddar Cheese
	7 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.

Date: 11-22-2021 thru 11-26-2021

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
11-22-21	14 oz.	Hi Ho Crackers
	2 gals.	1% White Milk- Total for the week*
11-23-21	23 @ 1 ea.	Pancakes
	6 - 16 oz. bags	Frozen Strawberries - thaw out before serving
	-	Water
11-24-21	14 oz.	Graham Crackers
	*	1% White Milk
11-25-21		Holiday
11-26-21		Holiday

Date: 11-29-2021

Class size: 10 children /4 adults

Date:	Purchased Units	PM – Grocery List
11-29-21	14 oz.	Hi Ho Crackers
	3.75 lbs.	Sliced Apples
		Water
11-30-21	23 @ 1 ea.	Mini Bagel
	14 oz.	Cream cheese
	1 gal.	1% White Milk

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