





Food Prep Center – BREAKFAST MENU – MARCH 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. WG Tasty O's Cereal Bowl 1ea Pineapple Tidbits 1/2c. 1% White Milk 6oz.	2. WG Waffle Stick 2ea Mixed Fruit 1/2c. 1% White Milk 6oz.	3. Sausage Patty 1ea. Diced Pears 1/2c. 1% White Milk 6oz.	4. HB Soc WG English Muffin 1ea Strawberry Cream Cheese 1ea. Diced Peaches 1/2c. 1% White Milk 6oz.
7. WG Blueberry Muffin 1 ea. Applesauce 1/2c. 1% White Milk 6oz.	8. Scrambled eggs with Chz & Bacon 1.3 oz wt (1/4c) Tropical Fruit 1/2c. 1% White Milk 6oz.	9. Cheerios Cereal 1 Bowl Diced Pears 1/2c. 1% White Milk 6oz.	10. WG Waffle 1ea Apricots 1/2c. 1% White Milk 6oz	11. CSPP WG Tasty O's Cereal Bowl 1ea Pineapple Tidbits 1/2c. 1% White Milk 6oz
14. WG Blueberry Muffin 1 ea. Pineapple Tidbits 1/2c. 1% White Milk 6oz.	15. WG Waffle 1ea Tropical Fruit 1/2c. 1% White Milk 6oz.	16. Cheerios Cereal 1 bowl Apricots 1/2c. 1% White Milk 6oz.	17 cooking exper. pg. 49 English Muffin ½ sl. Fresh fruit salad Orange slices ¼ c. Banana slices ¼ c. Apple slices ¼ c. Yogurt low fat 2 oz. 1% White Milk ½ c.	18. HB Soc WG Tasty O's Cereal Bowl 1ea Diced Peaches 1/2c. 1% White Milk 6oz.
21. WG Blueberry Muffin 1 ea. Tropical Fruit 1/2c. 1/2pt 1% White Milk 1ea.	22. English Muffin Strawberry Cream Cheese 1ea. Apricots 1/2c. 1% White Milk 6oz.	23. Cheerios Cereal 1 bowl 1 bowl Mixed Fruit 1/2c. 1% White Milk 6oz.	24. WG Waffle 1ea Diced Pears 1/2c. 1% White Milk 6oz.	25. WG Tasty O's Cereal Bowl 1ea Pineapple Tidbits 1/2c. 1% White Milk 6oz
28. WG Blueberry Muffin 1 ea. Mixed Fruit 1/2c. 1% White Milk 6oz	29. Sausage Patty 1ea. Diced Peaches 1/2c. 1% White Milk 6oz.	30. Cheerios Cereal 1 bowl Apricots 1/2c. 1% White Milk 6oz.	31. <u>Holiday</u>	

Head Start PM SNACK MENU – March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Kix Cereal ¾ c. or .5 oz. 1% White Milk ½ c.	2. Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.	3. Pancake 1 ea. 1% White Milk ½ c.	4. HB Soc Assorted Crackers .5 oz. or 4 ea. Pineapple Tidbits ½ c. Water
7. Rice Cakes .5 oz. or 1 ½ ea. Cream Cheese .5 oz. 1% White Milk ½ c.	8. Hi Ho Crackers .5 oz. or 4 ea. 1% White Milk ½ c.	9. Quesadilla cheese .5 oz. Whl. Wht. Tortillas ½ ea. Water	10. Chili Beans ¼ c. Whl. Wht. Bread ½ sl. 1% White Milk ½ c.	11. CSPP - In Service Graham Crackers .5 oz. or 1 ea. 1% White Milk ½ c.
14. Hi Ho Crackers .5 oz. Sliced Apple ½ c. Water	15. Assorted Crackers .5 oz. or 4 ea. Diced Peaches ½ c. Water	16. Waffle 1 ea. 1% White Milk ½ c.	17. cooking exper. pg. 49 Fresh fruit salad Orange slices ¼ c. Banana slices ¼ c. Apple slices ¼ c. Yogurt low fat 2 oz. Water	18. HB Soc Whole Wht. Bread ½ sl. Cheddar Cheese .5 oz. 1% White Milk ½ c.
21. Hi Ho Crackers .5 oz. or 4 ea. 1% White Milk ½ c.	22. English Muffin ½ ea. Cheddar Cheese .5 oz. 1% White Milk ½ c.	23. Graham Crackers .5 oz. or 1 ea. Apple slices ½ c. Water	24. Rice Cakes .5 oz. or 1 ½ ea. Cream Cheese .5 oz. 1% White Milk ½ c.	25. Pancake 1 ea. Frozen Strawberry ¼ c. 1% White Milk ½ c.
28. Whl. Wht. Tortilla ½ sl. Refried Beans ½ c. 1% White Milk ½ c.	29. Hi Ho Crackers .5 oz. or 4 ea. 1% White Milk ½ c.	30. Cheerios Cereal .5 oz. or ½ c. 1% White Milk ½ c.	31. <u>Holiday</u>	

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 – March 2022

Lunes	Martes	Miercoles	Jueves	Viernes
	1.. Cereal Tasty O's GE Trocitos de pina Leche blanca 1%	2. Waffle GE Mezcal de fruta Leche blanca 1%	3. Salchicha para desayuno Pera en cubitos Leche blanca 1%	Panecillo ingles GE Queso crema de fresas Durazno en cubitos Leche blanca 1%
7. Panecillo de moras GE Puré de manzana Leche blanca 1%	8. Huevos revueltos con queso y tocino Fruta tropical Leche blanca 1%	9. Cereal Cheerios Pera en cubitos Leche blanca 1%	10. Waffle GE Chabacanos Leche blanca 1%	11. Cereal Tasty O's GE Trocitos de piña Leche blanca 1%
14. Panecillo de moras GE Trocitos de piña Leche blanca 1%	15. Waffle GE Fruta tropical Leche blanca 1%	16. Cereal Cheerios Chabacanos Leche blanca 1%	17. Panecillo ingles GE Queso crema de fresas Durazno en cubitos Leche blanca 1%	18. Cereal Tasty O's GE Durazno en cubitos Leche blanca 1%
21. Panecillo de moras GE Fruta tropical Leche blanca 1%	22. Panecillo ingles GE Queso crema de fresas Chabacanos Leche blanca 1%	23. Cereal Cheerios Fruta tropical Leche blanca 1%	24. Waffle GE Durazno en cubitos Leche blanca 1%	25. Cereal Tasty O's GE Trocitos de pina Leche blanca 1%
28. Panecillo de moras GE Mezcal de fruta Leche blanca 1%	29. Salchicha para desayuno Durazno en cubitos Leche blanca 1%	30. Cereal cheerios Chabacanos Leche blanca 1%	31. <i>Holiday</i>	

Head Start Menu de Bocadillos PM – March 2022

Lunes	Martes	Miercoles	Jueves	Viernes
	1. Cereal Kix Leche blanca 1%	2. Galletas de miel Leche blanca 1%	3. Panqueques Leche blanca 1%	4. HB Soc Surtido Galletas Trocitos de pina Agua
7. Pasteles de arroz Queso crema. Leche blanca 1%.	8. Galletas Hi Ho Leche blanca 1%	9. Quesadilla con tortilla GE. Agua	10. Frijoles de chile Pan integral Leche blanca 1%	11. CSPP Galletas de miel Leche blanca 1%
14. Galletas Hi Ho Manzanas de rojadas agua	15. Surtido Galletas Durazno en cubito agua	16. Waffle GE Leche blanca 1%	17. cooking exper. pg. 49 Fruta enselada Naranjas platano manzana yogur agua	18. HB Soc Pan integral Queso rallado Leche blanca 1%
21. Galletas Hi Ho Leche blanca 1%	22. Panecillo ingles GE Queso Leche blanca 1%	23. Galletas de miel Manzanas de rojadas Agua	24. Pasteles de arroz Queso crema. Leche blanca 1%.	25. Panqueques Fresa con jilada Leche blanca 1%
28. Tortilla GE Frijoles rifritos	29. Galletas Hi Ho Leche blanca 1%	30. Cereal cheerios Leche blanca 1%	31. <i>Holiday</i>	



Leche blanca 1%				
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