







Food Prep Center – BREAKFAST MENU – October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. WG Pancake 1ea Mixed Fruit ½ c. 1% White Milk 6oz	3. Scrambled eggs with Chz & Bacon 1.3 oz. ¼ c. WW Bread 1 sl. Sliced Apple 2 oz 1 pk 1% White Milk 6oz.	4. Corn Flakes Cereal 1 c. Apricots ½ c. 1% White Milk 6oz.	5. WG Waffle 1ea Diced Pears ½ c. 1% White Milk 6oz.	6. WG Toasty O's Cereal 1 c. Orange 1 ea. 1% White Milk 6oz.
9. HOLIDAY	10. WG Waffle 1ea. Apricots ½ c. 1% White Milk 6oz.	11. WG Toasty O's Cereal 1 c. Pineapple Tidbits ½ c.. 1% White Milk 6oz.	12. Biscuit 1 ea. Sausage Patty 1ea. Apple 1 ea. 1% White Milk 6oz.	13. WW English Muffin ½ ea. Strawberry Cream Cheese 1ea. Diced Pears ½ c. 1% White Milk 6oz.
16. WG Waffle 1ea. Diced Peaches ½ c. 1% White Milk 6oz.	17. WG Toasty O's Cereal 1 c. Mixed Fruit ½ c. 1% White Milk 6oz.	18. Scrambled eggs with Chz & Bacon 1.3 oz. ¼ c. WW Bread 1 sl. Applesauce ½ c. 1% White Milk 6oz.	19. Cooking Exp.-pg. 64 Monster Mush Instant Oatmeal ¼ c. Apples, Chunks ½ c. 1% White Milk 6 oz.	20. WG Pancake 1ea Apricots ½ c. 1% White Milk 6oz.
23. WG Toasty O's Cereal 1 c. Mixed Fruit ½ c. 1% White Milk 6oz.	24. Biscuit 1 ea. Sausage Patty 1ea. Applesauce ½ c. 1% White Milk 6oz.	25. WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Diced Peaches ½ c. 1% White Milk 6oz.	26. WG Waffle 1 ea. Apricots ½ c. 1% White Milk 6oz.	27. Corn Flakes Cereal 1 c. Apple 1 ea. 1% White Milk 6oz.
30. WG Pancake 1ea Mixed Fruit ½ c. 1% White Milk 6oz.	31. WW English Muffin ½ ea. Strawberry Cream Cheese 1 ea. Sliced Apple 2 oz 1 pk 1% White Milk 6oz.			

Head Start - PM SNACK MENU – October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Hi Ho Crackers .5 oz. or 4 ea. Apple Wedges ½ c. Water	3. Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.	4. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	5. Cheerios Cereal ½ c. or .5 oz. Banana ½ c. 1% White Milk ½ c. or 4 oz.	6. Graham Crackers .5 oz. or 1 ea. Honey Dew Chunks ½ c. Water
9. HOLIDAY	10. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	11. Assorted Crackers .5 oz. or 4 ea. Diced Peaches ½ c. Water	12. Cheddar Goldfish Crackers .5 oz. or ¼ c. 1% White Milk ½ c. or 4 oz.	13. Kix Cereal .5 oz. or ¾ c. 1% White Milk ½ c. or 4 oz.
16. Hi Ho Crackers .5 oz. or 4 ea. Orange Wedges ½ c. Water	17. Quesadillas ½ ea. 1% White milk ½ c. or 4 oz.	18. Assorted Crackers .5 oz. or 4 ea. Cantaloupe slices ½ c. water	19. Cooking Exp.-pg. 64 Monster Mush Instant Oatmeal ¼ c. Apples, Chunks ½ c. 1% White Milk 6 oz.	20. HB SOC I Cheddar Cheese Goldfish .5oz or ¼ c. 1% White Milk ½ c. or 4 oz.
23. Tortilla Chips .5 oz. Fresh Strawberries ½ c. Water	24. Hi Ho Crackers .5 oz. or 4 ea. 1% White Milk ½ c. or 4 oz.	25. Assorted Crackers .5 oz or 4 ea. Orange Slices ½ c. Water	26. Quesadillas ½ ea. 1% White Milk ½ c. or 4 oz.	27. HB SOC II Cheddar Cheese Goldfish .5 oz. or ¼ c. 1% White Milk ½ c. or 4 oz.
30. Hi Ho Crackers .5 oz or 4 ea. 1% White Milk ½ c. or 4 oz.	31. Cheerios cereal ½ c. 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.




This Institution is an Equal Opportunity provider.



FPC – MENÚ DEL DESAYUNO – Octubre 2023

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Waffle GE Manzana Leche blanca 1%	3. Huevos revueltos con queso y tocino Chabacanos Leche blanca 1%	4. Cereal Hojuelas de maíz Chabacanos Leche blanca 1%	5. Waffle GE Dodos de para Leche blanca 1%	6. Cereal Tasty O's Naranja 1 Leche blanca 1%
9. Día Festivo	10. Waffle 1 GE Albaricoques ½ c. Leche blanca 1%	11. Cereal Tasty O's Trocitos de piña Leche blanca 1%	12. Panecitos de mantequilla Filete de salchicha de puerco 1 Manzana 1 Leche blanca 1%	13. Panecillo ingles GE Queso crema de fresas Durazno en cubitos Leche blanca 1%
16. Waffle GE Dodos de para Leche blanca 1%	17. Cereal Tasty O's GE Fruta mezclada Pan integral Leche blanca 1%	18. Huevos revueltos con queso y tocino 1.3 oz ¼ c Pure de manzana Leche blanca 1%	19. Cooking Exp.-64 Monster Mush Avena ¼ c. Manzana Leche Blanca 1%	20. Panqueques GE Albaricoques ½ c. Leche blanca 1%
23. Cereal Tasty O's Mezcla de fruta Leche blanca 1%	24. Panecitos de mantequilla Filete de salchicha de puerco 1 Pure de manzana Leche blanca 1%	25. Panecillo ingles GE Queso crema de fresas Pure de manzana Leche blanca 1%	26. Waffle GE Albaricoques ½ c. Leche blanca 1%	27. Cereal de hojuelas de maíz Manzana 1 Leche blanca 1%
30. Panqueques GE Mezcla de fruta Leche blanca 1%	31. Panecillo ingles GE crema de Queso fresas Manzana 1 Leche blanca 1%			

Head Start - MENÚ DE BOCADILLOS PM – Octubre 2023

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2. Galletas Hi Ho Manzana Agua	3. Kix Cereal Leche blanca 1%	4. Quesadilla ½ Leche blanca 1%	5. Cereal Cheerios Plátano Leche blanca 1%	6. Galletas de miel Fruta Agua
9. Día Festivo	10. Quesadillas Leche blanca 1%	11. Surtido de Galletas Duraznos Agua	12. Galletas de queso Leche blanca 1%	13. Kix Cereal Leche blanca 1%
16. Galletas Hi Ho Porciones naranja Agua	17. Quesadillas Leche blanca 1%	18. Surtido de Galletas Melón Agua	19. Cooking Exp.-64 Monster Mush Avena ¼ c. Manzana Leche Blanca 1%	20. Galletas de queso cheddar Goldfish Leche blanca 1%
23. Nachos Fresas ongeladas Agua	24. Galletas Hi Ho Leche blanca 1%	25. Surtido de Galletas Porciones de naranja Agua	26. Quesadillas Leche blanca 1%	27. Galletas de queso cheddar Goldfish Leche blanca 1%
30. Galletas Hi Ho Leche blanca 1%	31. Cereal Cheerios Plátano 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.

CSPPP – 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 10-2-2023 & 10-6-2023

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
10-2-23	Hi Ho Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 oz. or 4 ea.				
	Apple wedges ½ c.	<i>#of Adults:</i>	3.25 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			
10-3-23	Kix Cereal ¾ c. or .5 oz.	<i>#of Children:</i>	18 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: _____			
10-4-23	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: _____			
10-5-23	Cheerios Cereal 5 oz. or ½ c.	<i>#of Children:</i>	12 oz.				
	Bananas ½ ea.	<i>#of Adults:</i>	3.5 lbs.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			
10-6-23	Graham Crackers .5 oz. or 1 ea.	<i>#of Children:</i>	12 oz.				
	Honey Dew Chucks ½ c.	<i>#of Adults:</i>	10 lbs.				
	Water						
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu FPC Lunch Menu HS PM Snack Menu HS Extended Snack Menu

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Approved by: _____

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 10-9-2023 & 10-13-2023

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
10-9-23	Holiday	#of Children:					
		#of Adults:					
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-10-23	Whl. Wht. Tortillas ½ ea. Jack Cheese .5 oz. 1% White Milk ½ c.	#of Children:	12 @ ½ ea.				
		#of Adults:	12 oz.				
				1 gal.			
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-11-23	Assorted Crackers .5 oz. or 4 ea. Diced peaches ½ c. Water	#of Children:	12 oz.				
		#of Adults:	5 – 20 oz. Cans				
				-			
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-12-23	Cheddar gold fish crackers .5 oz. or ¼ c. 1% White Milk ½ c.	#of Children:	12 oz.				
		#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-13-23	Kix cereal ¾ c. or .5 oz. 1% White Milk ½ c.	#of Children:	18 oz.				
		#of Adults:	1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu : FPC Lunch Menu : HS PM Snack Menu : HS Extended Snack Menu :

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Approved by: _____

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 10-16-2023 & 10-20-2023

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
10-16-23	Hi Ho Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Orange wedges ½ c.	<i>#of Adults:</i>	13.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			
10-17-23	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: _____			
10-18-23	Assorted Crackers .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: _____			
10-19-23 Breakfast	<u>Cooking Exp pg. 64</u> Monster Mush – Instant Rolled Oats ¼ c.	<i>#of Children:</i>	½ lb.				
	Apple Chunks ½ c. Cinnamon	<i>#of Adults:</i>	3.2 lbs				
	1% White Milk 6 oz.		1 gal.				
# of Children	Milk substitutions 6 oz.	Soy Milk	Lactose Free	Name of Other: _____			
10-20-23	Cheddar Cheese Goldfish .5 oz. or ¼ c.		7 oz.				
	1% White Milk ½ c.		1 gal.				
# of Children	Milk substitutions ½ c.	Soy Milk	Lactose Free	Name of Other: _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu : FPC Lunch Menu : HS PM Snack Menu : HS Extended Snack Menu :

Changes & Dates : _____

Changes & Dates : _____

TD/CD signature: _____

Approved by: _____

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 10-23-2023 & 10-27-2023

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
10-23-2023	Tortilla Chips .5 oz.	<i>#of Children:</i>	12 oz.				
	Fresh Strawberry ½ c	<i>#of Adults:</i>	6 – 16 oz.				
	Water		-				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-24-2023	Hi Ho Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-25-2023	Assorted Crackers .5 oz.	<i>#of Children:</i>	12 oz.				
	Orange slices ½ c.	<i>#of Adults:</i>	3.75 lbs.				
	Water		-				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-26-2023	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.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			
10-27-2023	Cheddar Cheese Goldfish .5 oz. or ¼ c.	<i>#of Children:</i>	12 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk substitutions ½ c.	<u>Soy Milk</u>	<u>Lactose Free</u>	Name of Other: _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu

FPC Lunch Menu

HS PM Snack Menu

HS Extended Snack Menu

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____

Approved by: _____

MENU PLANNING WORKSHEET

Center: _____

Teacher: _____

Week of 10-30-2023 to 10-31-2023

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
10-30-23	Hi Ho Crackers .5 oz. or 4 ea.	<i>#of Children:</i>	12 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 - _____			
10-31-23	Cheerios Cereal .5 oz. or ½ c.	<i>#of Children:</i>	18 oz.				
	1% White Milk ½ c.	<i>#of Adults:</i>	1 gal.				
# of Children	Milk Substitutions ½ c.		Lactose Free- _____	Name of Other - _____			
		<i>#of Children:</i>					
		<i>#of Adults:</i>					
# of Children	Milk Substitutions ½ c.	Soy Milk - _____	Lactose Free- _____	Name of Other - _____			

Teacher Dir: _____ Date: _____ Reviewer: _____ Date: _____

Menu Change Notice: You must first inform your Nutrition Assistant and get approval.
All substitutions must be written on Posted Menu, and Menu Planning Worksheet

Center: _____ Reason for Changes/substitutions: _____

FPC Breakfast menu FPC Lunch Menu HS PM Snack Menu HS Extended Snack Menu

Changes & Dates: _____

Changes & Dates: _____

TD/CD signature: _____

Approved by: _____

GROCERY LIST

Dates: 10-2-2023 thru 10-6-2023

Class size: 20 children /3 adults

Date:	Purchased Units	PM - Grocery List
10-2-23	12 oz.	Hi Ho Crackers
	3.25 lbs.	Apple - wedged
	-	Water
10-3-23	18 oz.	Kix Cereal
	3 of ½ gals. *	1% White Milk - total for the week*
10-4-23	12 @ ½ ea.	Whole Wheat Tortillas
	12 oz.	Jack Cheese
	*	1% White Milk
10-5-23	18 oz.	Cheerios Cereal
	3.5 lbs.	Bananas
	*	1% White Milk
10-6-23	14 oz.	Graham Crackers
	10 lbs.	Honey Dew Chunks
	-	Water

Dates: 10-9-2023 thru 10-13-2023

Class size: 20 children /3 adults

Date:	Purchased Units	PM - Grocery List
10-9-23	HOLIDAY	
10-10-23	12 @ ½ ea.	Whole Wheat tortillas
	12 oz.	Jack Cheese
	3 of ½ gals. *	1% White Milk - total for the week*
10-11-23	12 oz.	Assorted Crackers
	5 cans - 20oz.	Diced peaches
	-	Water
10-12-23	12 oz.	Cheddar Gol fish crackers
	*	1% White Milk
10-13-23	18 oz.	Kix Cereal
	*	1% White Milk

Dates: 10-16-2023 thru 10-20-2023

Class size: 20 children /3 adults

Date:	Purchased Units	PM - Grocery List
10-16-23	12 oz.	Hi Ho Crackers
	13.75 lbs.	Orange - wedged
	-	Water
10-17-23	18 oz.	Cheerios Cereal
	3 of ½ gals. *	1% White Milk - total for the week*
10-18-23	12 oz.	Assorted Crackers
	4 lbs.	Cantaloupe - sliced
	-	Water
10-19-23	½ lbs.	Monster Mush pg.64 - Instant Rolled Oatmeal
Breakfast	3.5 lbs.	Apple Chunks
Cooking Exp.	*	1% White Milk
10-20-23	12 oz.	Cheddar Goldfish Crackers
	*	1% White Milk

GROCERY LIST

Date: 10-23-2023 thru 10-27-2023

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-23-23	12 oz.	Tortilla Chips
	6 - 16 oz. Bag	Frozen Strawberries
	-	Water
10-24-23	12 oz.	Hi Ho crackers
	3 of ½ gals. *	1% White Milk – total for the week*
10-25-23	12 oz.	Assorted Crackers
	13.75 lbs.	Orange - sliced
	-	Water
10-26-23	12 @ ½ ea.	WG Flour Tortilla
	11.5 oz.	Jack Cheese
	*	1% White Milk
10-27-23	12 oz.	Cheddar Gold Fish crackers
	*	1% White Milk

Date: 10-30-2023 thru 10-31-2023

Class size: 20 children /3 adults

Date:	Purchased Units	PM – Grocery List
10-30-23	12 oz.	Hi Ho Crackers
	1 gal or 2 of ½ gal. *	1% White Milk – total for the week*
10-31-23	18 oz.	Cheerios Cereal
	*	1% White Milk

Important Reminders:

- 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.
- Make a copy for your own file and send in the original weekly. Write in your nutrition assistant’s name.
- 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.
- **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 cartons 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